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LETTERS TO THE EDITOR

Thank you for the editorial "The Bible Tells Me So" in the summer 1984 edition.

I nodded my head continuously as I read it. The Bible can be a great camp resource if we encourage critical thinking and an openness that promotes love, faith, understanding and justice for all. To use it as an absolute, is in my mind, not what God intended us to do when gifting us with curious, creative and critical minds.

For those of us who direct secular camps as I do, native folklore and the personal stories of campers of Jewish, Moslem, Buddhist – and Christian families can also assist in spiritual development. This development is an important element of any camp.

Thank you, too for your sensitivity in your answer to the letter about homosexuality. I believe that it takes a lot of courage to speak out on the side that you did. How encouraging to read what you have written at a time when North American churches are debating – and being torn apart by this issue.

I feel as though I cannot sign this letter because of my very public position as a camp director. This may be viewed as being "chicken" or "uncommitted to the cause". Unfortunately, the time is not yet right for some of us who are supportive of the rights of lesbians and homosexuals to come out of the closet publicly – no matter what our *own* orientation may be. The risks are still too high.

"Concerned & Supportive
Saskatchewan"

With great concern, do I address your comments in the Spring '84 and Summer '84 editions of Canadian Camping regarding 'Sexual Behaviour'. It may be assumed that this protest is presented by one who is deemed uneducated in modern man's immoral and licentious trends. May it be known that there are millions of Canadians who remain decent and accept Biblical morality.

It would be devastating, if parents of our campers assumed that we would be the proponants of homosexuality and other unmentionable practices. As leaders who address immortal souls created in God's image, we must teach how the human vessel may be kept honourable rather than being kept from getting caught.

Lastly, there are much better sources regarding this topic than SIECUS. In Dr. Calderone's testimony, it sounds as though her father was the sinner rather than the sexually uncontrolled teenage gardener. It would be my advice to print matters re camping in all its purity rather than such controversial matters.

Jerry Vander Veen
Atlantic Director
Canadian Sunday School Mission

CORRECTION:
Summer Issue 1984
Photo credit page 5:
Camp Tawingo

believe to be the presuppositions of the editorial about the relationship of religious institutions and society. While it is true that many examples, both historical and contemporary, may be cited to illustrate societies in which religious institutions have created problems, such an approach is decidedly narrow. In the first place, for every sensational example cited in the editorial, examples of how religious groups and institutions have contributed to the progress and betterment of a particular society may be cited – both in history and in our contemporary society. Further, there are a variety of ways in which religious institutions see themselves in relation to society and in turn how society sees them. From the perspective of a religious institution or a church, some see the necessity to separate themselves from the world – to isolate and withdraw in order to maintain a holy community. Others see the world as setting their agenda and accommodate to the principles articulated in the culture. For my part, I subscribe to a position in which the church seeks to proclaim and live out the message of the Christian gospel by penetration and transformation of the culture – by addressing the issues of our day with the message of the Christian gospel. My point is simply that these perspectives must be accounted for if one is going to raise the issue of the place of religious faith for the camping community in our so-called secular and pluralistic society.

There is a tendency in our society to view religion as a personal and private affair – "you can believe what you want as long as it does not impinge upon public life and culture and as long as you conform reasonably to society". But any person who takes their religious faith seriously knows that this is not an option. Religious faith affects every area of life and impinges upon and confronts the culture in which we live. This issue is important for the camping community because there is a sense in which a camp is a microcosm of our society or perhaps even a "model community" in which children and young people face these very issues, just as we all do in society. Camps, then, may be an excellent place in which people are given the opportunity to reflect upon the kind of relationship religous faith ought to have in our society and culture. Do our camps promote religion simply as a private affair or is there some sense in which questions of religious faith are seen to impinge upon life at camp in its corporate dimension? If church and Christian camps are often accused of ignoring the contemporary issues of our society, might it not be said also that professedly non-religious camps ignore or exclude questions of religious faith and their import for the individual and society?

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EDITORIAL

A Question of Fitness!!

North America is in the middle of a "fitness craze"! Diet and fitness! Slimness through the 20 minute workout (with no sexual allusion at all)! Thin is in! Pumping iron for muscle tone is open to both genders! See you at the gym – sorry – "health club"! You *are* drinking DIET pop now, aren't you?!

The number one book (non fiction) in North America right now is a book entitled Eat To Win. Think about it! A psychiatrist recently blamed Jane Fonda and the success of her "workout" books and programs for increasing the incidence of anorexia nervosa among impressionable teenage girls who want to model their idol! Sociologists claim there is a trend away from "pick up" bars to "health clubs" where beautiful men and beautiful women strut their stuff! The social/sexual arena of the 80s is now in step with the "fitness" craze! Long gone is the image of a health centre where faceless overweight people slink in during the day in an attempt to work off some excess fat. Memberships are filled daily in these "health clubs" by people who are responding to today's media barrage and cultural emphasis on thinness, diet and fitness. Even the beer commercials have quickly joined in – no longer gender specific (male only) ads of "the boys" closing the cottage or moving a friend on Saturday afternoon or playing a bit of pick-up football (all with beer as their focus for being together socially), current ads are co-ed with males and females pumping iron in a gym, pushing a stalled auto together or sharing a dance class... and then it's off to the pub for some brew! And, of course, you can order "lite" beer; the same psychology as choosing "light" cigarettes – it's a myth but it works! With over 200 million diagnosed problem drinkers in North America and increasing eating disorders, we don't need to be reminded of the tragic association of human learning where alcohol, diet and exercise are associated with "the good life", and a generous reward system of being loved and desired!

But what IS fitness? We can't disagree with Fitness Canada's mission statement... "to encourage, promote and develop increased participation in physical activity leading toward fitness for all Canadians." Care must be given to the consequences of lifestyle changes often used to justify or legitimize "physical activity" as an escape from problematic life situations. In these cases (which are legion), we often notice a compulsion association with the "physical activity"; from a purely psychological perspective, no compulsion is healthy to personality function and development whether it's gambling, drinking or fitness! Obviously of the three, fitness may be the least objectionable from a social perspective, but, in its extreme, it's no less disruptive or debilitating to family, work and leisure relationships. As we continue to emphasize MODERATION in all aspects of life's excesses, "fitness" too must be included.

Many experts in any given area can obviously disagree, but the controversy surrounding running and jogging is bringing up evidence which simply cannot be ignored. Dr. Henry Solomon of New York has recently written The Exercise Myth; in this book he states "strenuous exercise is not only not helpful, but may actually be dangerous. All the exercise you need is a one-mile walk a day, preferably in 20 minutes or less." Anything more, he argues, is putting you at risk of health problems. Many people indeed are sitting up and taking note, especially following the recent death of fitness and jogging advocate Dr. James Fixx; Dr. Solomon's chilling reminder: "the chance of sudden death during vigorous exercise is seven to nine times higher than it is among the sedentary." He further indicates that cardiovascular health is not promoted by aerobics and calisthenics. Other researchers disagree and note that there is a direct relationship between level of physical activity and length of life. American Medical Association editor Dr. Bruce Dan says "the real discovery of this research is not that people who exercise have strong cardiovascular systems, rather it is that sedentary people have more cardiovascular disease!" Excellent advice comes from Dr. Robert Goode, a University of Toronto physiology and health educator: "You don't have to be a fanatic to get benefits. Forty-five minutes of moderate exercise a day is just fine, but doing nothing is not."

How can we help emphasize among our campers that FITNESS is a combined physical, social, nutritional, emotional and attitudinal aspect of self? All of these elements are intertwined: we have people unfit socially who are incapable of interacting in any purposeful, pro-social manner; physically unfit people tend to score low on the self-esteem inventories – if you don't like yourself you are more likely to over-eat, over-drink, maintain unhygienic habits. However, some physical "compulsives" (like distance runners) may actually have low self-esteem and their physical compulsion is an escape or diversion, and it's also a way of inflicting pain on self much like the binge-purge syndrome of bulimia or the problem drinker who awakes with tremors only to commence drinking again. Unfit emotional and attitudinal individuals tend to have strong prejudices, narrow-minded views and are often intractable to change. One can be a model of athletic prowess and fitness and be found by a judge to be "unfit to stand trial"; yet another kind of fitness!

A report from the Novosti Press Agency (Soviet Union) is interesting in that they will spend in their 1984 Govt. budget on health, physical culture and sports 16.7 billion rubles. That is roughly $26.7 billion, whereas Fitness and Amateur Sports had a 1984 budget of approximately $61.6 million! However, the attitude of the Soviets is most curious because their budget is not exclusively sports and fitness but includes health and some medicare. Health and sport are linked together, they say, because physical activity is viewed as preventive medicine!

Our campers must begin by first and foremost feeling good about themselves; they must begin to appreciate diet and nutrition and an individual's responsibility in understanding everything consumed by one's own body. Campers must be able to appreciate physical activity extrinsically (as disease prevention) and intrinsically (as something which can be justifiable as its own reward, such as the enjoyment of a solo canoe paddle or a walk through the woods); physical activity never has to be an end in itself but can be a means toward an end – perhaps the end is an initiative task, a portage, a group challenge etc. We must assist in facilitating positive interactions – a social fitness – in order that campers learn to trust and seek assistance and catharsis through other people. And finally, we must not tolerate unfit attitudes where a person, race, type or colour is "put down". As obesity is to the marathoner, so is prejudice, bigotry and hatred to the "fit" mind. Our task in leadership is to enhance and develop programs which bring out the many elements of fitness: physical, nutritional, attitudinal, emotional and social. Fitness isn't simply a question of running or jogging – it's a question of thinking critically, breathing freely in an unpolluted environment, being cognizant of everything (food and chemical) ingested into one's body, and being able to interact freely and without prejudice with all those with whom we come into contact. Then indeed, the question of fitness becomes one intertwined with both prevention and our ability to liberate those factors which inhibit us from realizing the value, integrity and potential of every human being on this earth.

Editorial Policy

Jay Haddad, Editor

The ideas expressed in the Editorial are those of the Editorial Committee and not necessarily those of the Canadian Camping Association/Association des Camps du Canada. The views are expressed to provide stimulation and comment. We invite you to respond in "Letters to the Editor" to Canadian Camping, 1806 Avenue Rd., Suite 2, Toronto, Ontario M5M 3Z1.

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EDITORIAL

Le syndrome de l'activité physique

L'Amérique du Nord a attrapé la maladie du développement corporel. On fait la guerre aux kilos à grands coups de "push-ups". On suit les vingt minutes de danse aérobique à la télé sans y voir aucune forme d'érotisme bien sûr. Il faut être mince, c'est la mode! Les membres des deux sexes sont invités de toutes parts à venir suer sang et eau pour fortifier leurs muscles. On se verra au gymnase; oh! pardon! au centre d'esthétique corporelle. Vous ne buvez plus que du coca sans sucre, n'est-ce pas?

Le livre (non-romanesque) le plus vendu sur le marché à l'heure actuelle s'intitule "Manger pour être gagnant". Un psychiatre a porté un doigt accusateur contre Jane Fonda, ses livres et programmes sur la forme physique. Selon lui, ces derniers sont la cause d'une augmentation d'anorexie mentale chez les adolescentes qui veulent être l'image de leur idole. De leur côté les sociologues prétentent que la clientèle des "pick-up bars" se déplace de plus en plus vers les centres d'esthétique corporelle où hommes et femmes font étalage de leur marchandise avec ostentation. Aussi, le conditionnement physique sert-il d'alibi aux rapports sociaux et aux rencontres galantes. Loin sont ces centres du culture physique où se glissaient furtivement des poids lourds aux faces de carême, dans l'espoir d'y perdre quelques kilos. L'adhésion à des clubs se multiplie chaque jour. C'est à croire que les gens subissent les assauts d'un véritable raz-de-marée culturel. Il n'est plus question que de régime, de minceur et d'activité physique. Même l'industrie de la bière n'a pas tardé à exploiter le filon. Les hercules qui fermaient le chalet ou aidaient un copain à déménager un samedi après-mid ont fait place à des athlètes des deux sexes qui suent sang et eau dans un gymnase, poussent une voiture en panne ou prennent des leçons de danse. Bien sûr, la soirée se termine dans une brasserie où l'on commande une "légère". On peut voir ici le même principe que celui de la cigarette "légère" à l'oeuvre. Voilà bien un mythe qui fait marcher les affaires rondement! Si nous tenons compte des quelque 200 millions d'alcooliques diagnostiqués en Amérique du Nord et des problèmes croissants reliés à l'alimentation, on peut voir le parrallèle qui existe entre l'alcool, les régimes et l'exercice pour bien vivre et la récompense qui en découle, soit d'être aimé et désiré.

Être en forme c'est quoi? Nous ne saurions trop applaudir le message de Condition physique Canada qui est "d'encourager, de promouvoir et d'accroître la participation à des activités physiques pour que les Canadiens soient en pleine forme". Par contre, nous ne pouvons ignorer les conséquences d'un changement de style de vie pour justifier l'activité physique et d'échapper à des situations problématiques. Dans nombre de cas, nous remarquons souvent une sorte de contraire reliée à l'activité physique. D'un point de vue purement psychologique, aucune contrainte n'est saine pour le fonctionnement et l'épanouissement de la personnalité, qu'il s'agisse de parier, de boire ou de faire de l'exercice. Certes que des trois, l'exercice est le moindre sur lequel on trouve à redire. Il n'en demeure pas moins que poussé à l'extrême, il est tout aussi nuisible aux relations sociales, familiales et de travail. Comme la MODERATION semble continuer d'être de rigueur dans tout, elle doit s'appliquer à l'exercice.

Nombre d'experts de différentes disciplines peuvent s'y objecter mais nous ne pouvons tout simplement pas ignorer certains points que fait ressortir la controverse au sujet du jogging et de la course à pied. Le Dr Henri Solomon de New-York a écrit un livre récemment qui s'intitule "Le mythe de l'exercice". Dans son livre, il nous dit que l'exercice trop ardu n'est non seulement inutile mais aussi dangereux. "Marcher un mille par jour, de préférence en 20 minutes ou moins, est tout l'exercice dont on a besoin. Faire davantage peut provoquer des problèmes de santé, dit-il." Nombre de gens commençent à tendre l'oreille et à prendre des notes, principalement depuis la mort récente du Dr James Fixx, ardent défenseur du jogging et de l'activité physique. Le Dr Solomon nous faire frissonner quand il nous rappelle que les chances de mort subite sont de sept à neuf fois plus élevées en faisant des exercices violents qu'en étant sédentaire. Il signale que la danse aérobique et les tractions n'améliorent nullement notre condtion cardio-vasculaire. D'autres chercheurs s'y objectent mais ont remarqué qu'il existait un lien direct entre le degré d'activité physique effectué et la longévité. Selon le Dr Bruce Dan, éditeur de la revue de la "American Medical Association", la véritable découverte n'est pas que les gens actifs développent une plus grande résistance cardio-vasculaire mais que les personnes sédentaires souffrent davantage de troubles cardio-vasculaires. Le Dr Bruce Dan, professeur en physiologie à l'université de Toronto nous prodique de bons conseils. "Nul n'est besoin d'être un fanatique de l'exercice pour en subir les effets bienfaisants. Un quarante-cinq minutes d'exercices modérés par jour suffit. Ne rien faire est mauvais."

Comment pouvons-nous convaincre nos campeurs que la condition physique, l'alimentation, le climat social, l'état émotif, l'attitude contribuent tous à la bonne forme? Tous ces éléments s'agglutinent les uns aux autres. L'inapte est incapable de gestes réciproques et réfléchis vis-à-vis de ses semblables. Les gens en piètre forme physique obtiennent une note plutôt médiocre au chapitre de l'amour-propre. Ceux qui ne s'aiment pas ont tendance à manger et à boire davantage, ou si l'on veut, à développer des habitudes malsaines. Par contre, ceux qui font de l'exercice par contrainte peuvent aussi manquer d'amour propre. La contrainte leur sert d'échappatoire. C'est aussi un moyen de se punir. C'est un peu comme souffrir de bulimie; on se gave, puis on vomit ... ou encore d'alcoolisme; on se réveille tout tremblant et on se remet à boire. Les émotifs et les inadaptés tendent à nourrir des préjugés, et à cultiver l'étroitesse d'esprit. Ils sont insoumis et souvent indisciplinables. On peut devenir un véritable modèle d'athlétisme et être déclaré inapte à subir un procès, ce qui nécessite aussi la "bonne forme" sous un autre rapport.

Un document de l'agence de presse russe Novosti fait ressortir un fait intéressant. De son budget, le gouvernement a consacré environ 16,7 milliards de roubles au sport, à la culture physique et aux programmes de santé. Ce chiffre représente près de 61,6 millions. Fait étonnant, c'est que les soviétiques n'ont pas alloué cette somme rien qu'au sport et à la forme physique mais aussi à la santé et à certains soins médicaux. "Le sport et la santé vont de pair car l'activité physique est une médecine préventive disent-ils".

Nos campeurs doivent avant toute chose se sentir bien dans leur peau. Ils doivent d'abord bien comprendre les mérites d'un bon régime et d'une saine alimentation. Ils doivent comprendre ce que consomme leur corps. Nos campeurs doivent être en mesure d'apprécier l'activité physique en tant que médecine préventive, vu de l'extérieur, et en tant que récompense, vu de l'intérieur. La randonnée en canot ou la marche solitaire dans la nature doivent procurer un plaisir. L'activité physique n'est donc pas une fin en soi mais un moyen d'y parvenir.

Nous devons agir pour favoriser la réciprocité. Nous devons faire naître chez nos campeurs la confiance en leurs semblables pour qu'ils fassent appel à eux. Nous ne devons pas tolérer les attitudes négatives à l'égard des gens de couleurs ou des autres races. Les préjugés, la bigoterie et la haine sont à l'intelligence ce que l'obésité estg au marathonien. Notre tâche en tant que leader est de promouvoir et de développer des programmes qui tiennent compte des nombreux éléments de la pleine forme car être en forme, c'est plus que courir et faire du jogging. C'est une question de penser positivement, de respirer librement dans un environnement non-pollué. C'est connaître tout ce qu'absorbe le corps : nourriture, produits chimiques. C'est agir librement et sans préjugés à l'égard de ceux que nous cotoyons. La pleine forme tient à des facteurs préventifs, certes, mais aussi à une ouverture d'esprit à l'égard des autres afin d'apprécier leur intégrité, leur valeur et leur potentiel.

CAMPING ADVISOR

There are too many running shoes on the market today and their prices vary unbelievably. Are there obvious things one should look for when purchasing athletic shoes?

K.W., Rexdale, Ontario

We consulted Dr. Bruce Fligg and he offers the following:

Running shoes should be strongest in the area of cushioning, support, and stability while still retaining reasonable degrees of flexibility, softness and lightness.

Always use the right shoe for the right sport as shoes are designed with function in mind.

Besides good fit and comfort, there are certain things to consider when investing in athletic shoe gear.

Certain features of shoes may vary from one sport to the next, but to allow for optimum foot function, consider the following:

1. The sole of the shoe should be durable on the outside with a soft layer on the inside and offer enough flexibility at the ball of the foot (not the arch) so it can be bent easily by hand. When propelling off toward the next step, if the flexibility is not available at the ball then the achilles tendons and calves may be over-stressed.

2. There should be adequate cushioning beneath the ball of the foot. With running much pressure is exerted in this area and especially so with sprinting.

3. There should be a good heel cup to hold in the heel, ut it should not be too tight.

4. The backs and sides of the heel (counter) should be firm for support and well padded, so that the heel of the foot is stabilized. If the heel counter is too loose, it can cause blisters or irritation from excessive motion, and also allow for too much lateral motion which may lead to injuries.

5. The heel should have good shock absorption qualities to reduce the impact at heel strike and hence to lessen tendon and muscle strain. A slightly elevated heel (about 15 mm or so) lessens strains to the backs of the legs.

6. The toe box should offer room for the toes to wiggle, but the fore part of the foot should not slide from side to side since blisters may result with the motion. The toes should not touch the end of the shoe, as the feet will swell with activity and the pressure will increase.

7. Tongue and upper should be well padded, and should be fashioned to stay in place while running.

8. Shoes having a rounded back to the heel (where the sole comes up to meet the heel) help lessen impact shock when the heel strikes the ground, because of the greater surface area distribution at heel contact.

9. Heel width: runners in training land on their heels and need a wide stable platform. Flared heels add extra cushioning at heel strike, but if they are too wide, normal shock absorption is not allowed, and excess stresses may occur to the legs.

10. The shank area, under the arch of the shoe needs to be rigid, and lie flush with the ground. The shank must not buckle at foot contact or heel and arch injuries may result.

In addition to the above factors, look for these points in Tennis and Squash shoes.

SQUASH – look for reinforcement as toe for protection during foot drag. Soles should allow for minimal slippage (gum rubber is recommended depending on surfaces – polished vs. painted). There should be some heel elevation as more time is spent on the heels. This would lessen strains to the back of the leg and archilles tendon.

TENNIS – look for reinforcement at toe for foot drag. Sole at ball of foot should be well padded since this is where most presure is exerted. Sides of shoe should be sturdy for stability during continual side-to-side motions. Heel should be well cushioned for absorption of jarring forces that take place at heel contact. Toe box of shoe should allow for ample room as well as some cushioning at the tips.

TIPS ON SHOE CARE: Don't wear wet shoes to train in. Let them air dry, a heater will cause them to stiffen and shrink. Use powder in your shoes to absorb moisture, lessen friction and prevent fungus infections. New shoes should be "broken in" before competing in them, so wear them a few times first.

* * *

Do you know of an easy way to remove gum which has stuck to a carpet?

N.C., Montreal, Quebec

It is our hope that gum isn't being chewed at camp! However, the easiest solution to remove gum is to apply ice to the affected area until the gum hardens – then it will easily break off! Now please keep it out of your hair!

* * *

An 11 year-old boy in our camp ran away this summer; with the help of the local police he was found within 24 hours but the entire staff were panic-sticken, to say the least. Are there any cues or warning signals that might have helped us prevent this event?

K.B., Orangeville, Ontario

It is human nature to want to avoid an unpleasant situation; once placed in one, it is human nature to want to escape! Most children who are upset and flee are running AWAY from something, not running TO something; as leaders we can try to be sensitive to what kids might want to fleeing from and this might help prevent some anxiety and anguish in having to search for a lost person.

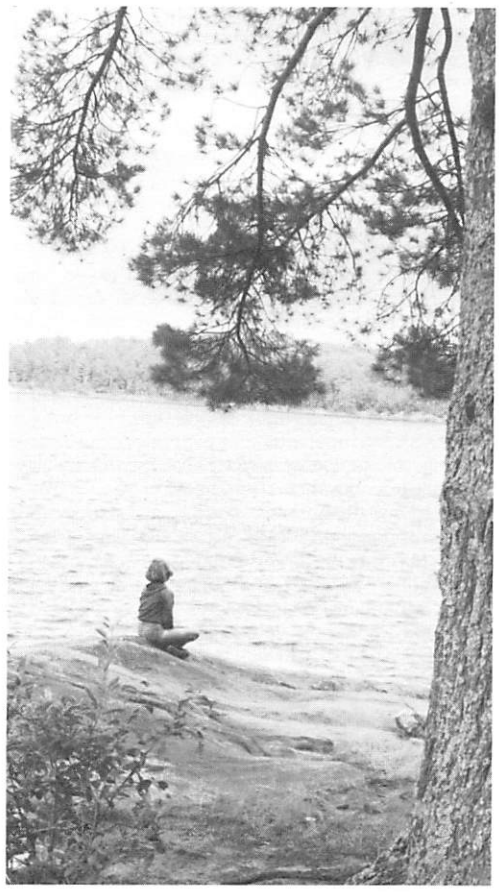
The National Network of Runaway and Youth Services has published some of these following points:

- *Growing isolation: the child avoids group activities, even meals and spends more and more of his time in his cabin or tent alone.*
- *Excessive blowups: tantrums are common to the turbulent teens, but be wary when the smallest thing triggers explosions of temper.*
- *Abrupt mood swings: take note if a normally sunny teen (or child) turns sullen, withdrawn, angry, even manic, without warning.*
- *Increased sleeping: it is normal for adolescents to sleep more than parents or leaders think is healthy. Be wary, though, when inordinate periods of time are spent in bed. It could mean the child is in a depression or facing problems he cannot manage.*
- *Family crisis: death, divorce, loss of a job, a major move – any of these can disrupt a family and send a child spinning out of orbit.*
- *Unexplained money: even if the money is not stolen, it may be stashed for an impending getaway.*

Some of these points may be helpful; the energy we expend in preventing stressful or emergency situations is always far better than simply responding to them as they occur.

* * *

Thank you for your letters. We regret that we cannot answer each one personally; however, we will endeavour to publish the most interesting and provocative ones. Address all letters to: The Camping Advisor, c/o The Editor, Canadian Camping, 1806 Avenue Road, Suite 2, Toronto, Ontario M5M 3Z1.



Camp Mi-A-Kon-Da

THE CANADA FITNESS AWARD PROGRAM

FITNESS FACTS - UNDERSTANDING THE BASICS

To understand fitness, the leader has to have a basic comprehension of what fitness is and how the principles of exercise can be utilized to achieve and maintain an adequate fitness level. In order to use the CFA as part of a fitness program, whether in school, at camp, in scouting or other youth-oriented situations, the leader will have to know what the six CFA tests entail and how to use a variety of interesting activities to ensure that the children have an opportunity to achieve their chosen fitness goal in each test category. Details on how to administer the program simply and effectively can be obtained by contacting,

Canada Fitness Award
365 Laurier Avenue West
Ottawa, Ontario
K1A 0X6
(613) 996-4510

Fitness Basics

A physically fit individual is one who is able to meet the demands of an active life with enough energy to enjoy leisure activity wholeheartedly and meet unexpected emergencies competently. The level of physical fitness that a person should strive for will be influenced by age, cultural and environmental factors, lifestyle and the physical activity undertaken.

A truly fit individual, whether adult or child, exhibits not only motor and muscular fitness, but endurance, flexibility and a high level of heart-lung or aerobic fitness. In understanding what total physical fitness is, the CFA leader must have some basic knowledge of the elements that constitute fitness as well as how these factors interrelate.

Motor fitness is the demonstrated ability to move accurately with strength and power in various combinations; these characteristics are superbly demonstrated in a good basketball game and in the CFA shuttle run test.

Muscular fitness refers to muscular strength and endurance, flexibility, speed, power and muscle tone. Strength is the force exerted during a maximal effort, for example, in weight-lifting. Muscular persistence is necessary to develop endurance. Repetitive activity is required and the benefits received are specific to the muscles used. Flexibility describes the range of motion in the body joints. Gradual muscle stretching, bending and twisting in a smooth and rhythmical fashion will result, over a period of time, in a relatively high degree of body flexibility.

Energy fitness or the aerobic capacity of the heart and lungs measures the ability of these organs to take in oxygen and deliver it throughout the body via the circulatory system. The oxygen that is routed to the muscles during any physical activity is converted to energy to meet the demand. Good aerobic conditioning demands total body activity that is both prolonged and continuous.

Exercise Principles

With this basic information about fitness, the leader only needs to know how to use the fundamental principles of exercise in a training program. Exercising principles can be summed up in the acronym F.I.T.T. which is defined as Frequency, Intensity, Type and Time.

To be effective, exercise must be done a minimum of three times per week, although fitness experts recommend a frequency rate of four to five times weekly. The intensity of the exercise should exert no excessive pressure on the body. To test for strain or fatigue, administer the "talk test"; if talking becomes difficult or laboured, then the participant is exercising too hard.

A good fitness program should include aerobic activity, muscle strengthening, endurance, and flexibility exercises. Using a 15 minute minimum session of physical activity combined with adequate warm-up and cool-down periods, an individual need spend only half an hour in regular fitness activity.

The three training axioms to keep in mind while participating in or administering a fitness program are as follows:

1. It doesn't need to hurt to be effective.
2. Train, don't strain.
3. Progress gradually.

As well, the fitness leader should be aware of the exercise principles of overload, progression and specificity. Muscles and the heart-lung dyad require exercise at an increasingly higher-than-normal intensity until the desired fitness level is reached. This is the principle of *overload.* After that, exercising at the optimum level is necessary to maintain the fitness level achieved.

When attempting to improve fitness, participants should start at a reasonable, low level of activity. As fitness improves, the participants exercise longer (rather than harder), gradually *progressing* toward a higher fitness level. The effects of exercise are limited to, or *specific* to, the type of activity performed. Consequently, a complete fitness program should involve each muscle group, plus aerobics, plus flexibility activities for a total fitness package.

The CFA Test

The CFA Test is a motor fitness that is simple to administer since it is made up of only six test items. Each of the tests measure a specific component of fitness and all are described in the following paragraphs.

Partial curl-ups test the strength and endurance of the abdominal muscles; the standing long jump measures the explosive power of a youngster's leg muscles in fast, sudden effort. Straight leg push-ups test the arm and shoulder strength.

The shuttle run demonstrates speed, agility and coordination by requiring several changes in direction that must be executed quickly and smoothly. The 50 metre dash is a test of speed. The endurance run is broken down into three levels: the 800 metre for 6-9 year olds, the 1600 metre for 10-12 year olds and the 2400 metre for 13-17 year olds. This test measures the aerobic capacity or heart-lung efficiency of the body. Success on the endurance run is a prerequisite for the overall award level desired.

Implementing the Program

Administering a successful CFA program is a relatively simple procedure for leaders eager to impart the fitness habit to youngsters. Some limited equipment is essential as well as the services of a skilled timer. Facilities are not generally required unless weather conditions are adverse. However, the weather and terrain are particularly important considerations for the dash and the endurance run which are best performed outdoors.

A trial run or pre-test should be administered to the children initially, introducing the CFA concept and the requirements of each test. This is a vital part of the program as it not only indicates to the youngsters their present level of fitness but also allows them, under the guidance of the leader, to set reasonable fitness goals to work towards during the weeks or months preceding the final test.

The final test is used to measure the success of the effort put into training activities. The crests awarded to the participants are the tangible rewards for satisfactory effort and achievement.

Training Activities

To keep the youngsters highly motivated, the leader should use training activities that are both fun and interesting during the period prior to the final test. Extensive use of the test items as training exercises should be avoided.

The activities which can be used for the fitness training period between the pre-test and the final test vary depending on the physical environment, e.g., school, camp or "Y", and the availability of facilities, e.g., pool, gym or rink. However, some activities are suggested that can contribute to improved performance in specific test areas.

Gymnastics, swimming (especially legs only) and bent leg raises will contribute to increased abdominal strength for the partial curl-ups. To improve the explosive power of leg muscles for the standing long jump, the leader can use jump and reach activities, basketball, volleyball, piggyback games and swimming (especially legs only). The agility, coordination and speed required for the shuttle run will be enhanced by ball games, skating and relays. Swimming, bar chinning, pull-ups, climbing (especially on a jungle gym), and canoeing will contribute to the upper arm and shoulder strength required for the push-up test item. For improvement in the 50 metre dash, the leader can use games, races and relays in the water and on land, as well as sports such as soccer and field hockey. Similar activities can be used to improve results in the endurance run along with jogging, cross-

country skiing, bicycling and skipping.

Conclusion

With these fitness facts, exercising principles and CFA fundamentals, any adult, working with children in almost any situation, can use the CFA as a complement to an overall activity program. By incorporating ideas on lifestyles and motivation techniques, the leader can run a highly successful fitness program with the CFA as a valuable accessory. The short-term effect of such a program is a group of kids having a great deal of fun while improving their physical fitness. The long-range effect will be a richer, fuller life for all of these youngsters through a commitment to an active, healthy lifestyle.

LE PROGRAMME JEUNESSE EN FORME CANADA

La bonne forme physique est la clé d'une vie mieux remplie et plus riche. Le programme JFC constitue un moyen attrayant et positif de véhiculer le message aux jeunes. En encourageant les enfants canadiens à atteindre des degrés d'excellence par l'intermédiaire de récompenses, le programme JFC les incite à faire régulièrement de l'activité physique, habitude qui leur sera profitable toute leur vie durant.

Le programme JFC vise à aider l'animateur à motiver les participants âgés de 6 à 17 ans pour qu'ils ateignent la meilleure forme physique possible. Il leur permet de défier leur niveau de condition physique actuel, et de chercher, par des efforts individuels, à améliorer leur performance. Grâce aux degrés d'excellence de JFC, les participants peuvent évaluer dans quelle mesure leur puissance, leur rapidité, leur force et leur endurance évoluent sur une période donnée. Les jeunes qui ont atteint un certain degré d'excellence après avoir terminé avec succès un test final reçoivent, en guise de récompense, une série d'écussons (bronze, argent, or et excellence) décernés dans le cadre de JFC.

Influences du mode de vie

Le moniteur peut se servir du programme comme point de départ pour amorcer et orienter dans tous les groupes d'âge, et surtout avec les jeunes adolescents, une série de discussions informelles sur la santé et les habitudes de vie.

Plus particulièrement, les niveaux de performance atteints au cours du test préalable de JFC peuvent naturellement et tout bonnement susciter des questions sur les effets du tabac, d'un régime alimentaire, du sommeil et du repos, et des activités récréatives.

Tous ceux qui ont travaillé avec les adolescents savent très bien que ces derniers ne se préoccupent pas des éventuels effets nocifs des mauvaises habitudes. Par contre, ils s'y intéressent beaucoup plus lorsqu'ils ressentent les effets de ces habitudes sur leur aptitude à faire de l'activité physique.

Le moniteur se trouve ainsi bien placé pour orienter la discussion de façon à faire ressortir les renseignements suivants.

- La capacité d'un fumeur à inspirer l'oxygène vital et à l'utiliser est réduite de 20 p. 100, ce qui affecte les résultats à la course d'endurance ainsi que toute autre activité physique soutenue.
- Les résultats de chacune des six épreuves traduiront l'"effet d'entraînement" de l'excès de poids. Le Guide alimentaire canadien, offert dans les bureaux de Santé et Bien-être Canada à Ottawa, peut servir de base pour établir un régime sain.
- Un manque de repos et de sommeil peut nuire à l'équilibre, à la coordination et à l'aptitude à se concentrer ou à fournir des efforts soutenus lorsqu'on fait de l'activité physique et des travaux intellectuels.
- Les loisirs ne sont pas seulement une source de plaisir, mais aussi un excellent moyen de brûler le surplus d'énergie. Dans le cas des étudiants, on notera de meilleurs résultats scolaires et une diminution des problèmes de comportement. En dehors de l'école, les répercussions sont moins visibles, mais elles en valent tout autant la peine: plaisir, liberté d'expression, découverte, défi et possibilité d'atteindre des sommets sur les plans physique, affectif et intellectuel.

Motivation des jeunes

Il existe certaines techniques qui aident les moniteurs à encourager les jeunes à adopter un mode de vie sain qui comprend des activités physiques régulières. Certaines de ces techniques exigent simplement de comprendre la façon dont ils influencent les enfants; d'autres nécessitent une certaine réflexion et un effort conscient de la part des moniteurs. Cependant, les résultats positifs tirés de ces techniques peuvent être surprenants.

- Les moniteurs de JFC, y compris les enseignants, les chefs scouts et les conseillers de camps, sont des *modèles* qui peuvent exercer une influence considérable sur la vie des jeunes uniquement en adoptant le mode de vie sain et physiquement actif qu'ils prêchent.
- Le test préalable de JFC aide le moniteur à *fixer des buts* réalistes et réalisables que les jeunes peuvent s'efforcer d'atteindre dans un délai raisonnable et à acquérir de meilleures aptitudes.
- Pour le groupe de jeunes plus âgés (13 à 17 ans), le fait de *consigner son propre progrès* ou d'en suivre l'évolution dans un cahier de bord ou sur un graphique de formation peut se révéler une excellente source de motivation, parce que la responsabilité de l'effort, de l'amélioration et de la détermination des problèmes incombe au participant lui-même.
- Le *renforcement positif* est un outil puissant pour appuyer l'effort déployé afin d'atteindre ces buts. Les écussons de JFC, correspondant à chaque niveau atteint, sont des symboles concrets du renforcement positif qui viennent récompenser l'effort et le succès.
- La *pratique guidée* est un moyen utile de mener à bien le programme JFC. Plus les participants sont familiers avec les épreuves et l'effort exigé, tel que le rythme dans la course d'endurance, meilleure sera leur performance.

À court terme, le recours à ces techniques assure le succès du programme JFC. À plus long terme, il peut susciter un engagement à faire régulièrement de l'activité physique et du conditionnement physique et ce, pour le reste de la vie.

Note: Persuadés que l'habitude de faire du conditionnement physique devrait profiter à tous les enfants, les concepteurs du programme JFC ont adapté un programme pour les jeunes déficients profonds et ont élaboré un guide spécial sur le programme JFC à l'intention des handicapés physiques. Pour de plus amples détails sur l'un ou l'autre de ces programmes spéciaux ou sur le programme régulier JFC, il suffit de s'adresser à:

Jeunesse en forme Canada
365 ouest, avenue Laurier
Ottawa (Ontario)
K1A 0X6
(613) 996-4510

Conclusion

Pour tous les adultes qui travaillent avec des groupes de jeunes dans n'importe quelle situation, le programme JFC est une excellente méthode pour encourager l'adoption ferme et permanente d'un mode de vie sain et actif. Le programme ouvre toute grande la porte à la discussion d'une grande variété de sujets liés à la santé et facilite indirectement la compréhension des différences dans la croissance et le développement des divers groupes d'âge et entre les garçons et les filles, surtout au début de la puberté. Le programme JFC est plus qu'une trousse de condition physique: c'est un bon outil pour changer le mode de vie. Donnez aux enfants l'habitude de se sentir en bonne forme physique; ils ne s'en porteront que mieux toute leur vie.

L'HABITUDE D'UNE VIE

THE CANADA FITNESS AWARD PROGRAM

PHYSICAL FITNESS - A LIFETIME HABIT

Physical fitness is the key to a fuller, richer life and the CFA is an attractive, positive medium for getting the fitness message across to young people. By promoting standards of achievement through a program of awards, the CFA encourages Canadian children to develop the habit of regular physical activity that will benefit them all their lives.

The CFA is a supportive program designed to help the leader motivate participants between the ages of 6 and 17 to achieve their fitness potential. It allows them to challenge their present fitness level and strive, through individual effort, to improve their performance. The CFA standards help the participants measure the increasing level of their power, speed, strength and endurance over a period of time. To reward achievement, the CFA provides a series of crests that are presented after successful completion of a final test: Bronze, Silver, Gold, and Excellence.

Lifestyle Influences

For all age groups, but especially for the young adolescents, the CFA can be used by leaders to initiate and guide a series of casual discussions on health and lifestyle habits. More specifically, achievements on the CRA pre-test can lead quite naturally and informally to questions about the effects of smoking, diet, sleep and rest, and recreational activities.

Anyone who has worked with the adolescent age group is well aware that youth is not impressed with the future ill-effects of bad habits. However, they are much more interested when the effects of such habits are demonstrated to have a noticeable influence on their ability to perform today. This puts the leader in an excellent position to guide discussion and highlight some of the following information.

- The body of a smoker is 20 per cent less efficient in taking in and using vital oxygen which adversely affects scores for the endurance run as well as any other sustaining physical activity.
- The "drag effect" of excess body weight will be apparent in the results of each of the six test items. Canada's Food Guide, available from Health and Welfare Canada in Ottawa, can be used as a sound basis for guidelines to a healthy diet.
- Inadequate rest and sleep can impair balance, coordination and ability to concentrate or sustain effort in physical activity and intellectual pursuits.
- Recreation is not only fun but is also an excellent outlet for "burning off" excess energy. For students, this can mean an improvement in school work and a decrease in behaviour problems. Out of school, the side effects are less tangible but just as rewarding: fun, self-expression, discovery, challenge and the opportunity to achieve the maximum - physically, emotionally and intellectually.

Motivating Youngsters

Certain techniques aid the leader in encouraging youngsters to adopt a healthy lifestyle which includes regular physical activity. Some of these techniques merely require an understanding of how they influence children; others require some thought and conscious effort on the part of the leader. However, the positive results of employing these techniques can be quite surprising.

- CFA leaders, like teachers, scout leaders and camp counsellors, are *role models* who can have a significant impact on the lives of young people simply by living the physically active, healthy lifestyle that they espouse.
- The CFA pre-test helps the leader *set fitness goals* which are realistic and achievable for youngsters to strive for within a reasonable period of time.
- For the older group (13-17) *self recording* or keeping track of one's own progress in a simple training diary or chart can be a successful motivational tool because the onus for effort, improvement and problem identification is placed on the individual participant.
- *Positive reinforcement* is a powerful tool in sustaining the drive towards achieving these goals. The CFA crests, representing the level achieved, are the concrete symbols of positive reinforcement, rewarding effort and success.
- *Guided practice* is a useful tool to success with the CFA program. The more familiar participants are with the test items and the effort required, such as pacing in the endurance run, the better their performance will be.

The use of these techniqes in the short term will result in increased endurance, strength, power and agility. In the long term, the effect can be a lifetime commitment to regular physical activity and fitness.

Conclusion

For any adult working with groups of youngsters in any situation, the CFA program is an excellent method for encouraging a lifelong commitment to a healthy, active lifestyle. The program acts as a springboard for discussions on a wide variety of health related topics and provides an indirect understanding of the differences in growth and development between the various age groups, and between boys and girls, especially at the onset of puberty. The CFA is more than just a fitness package; it is a positive lifestyle modification tool.

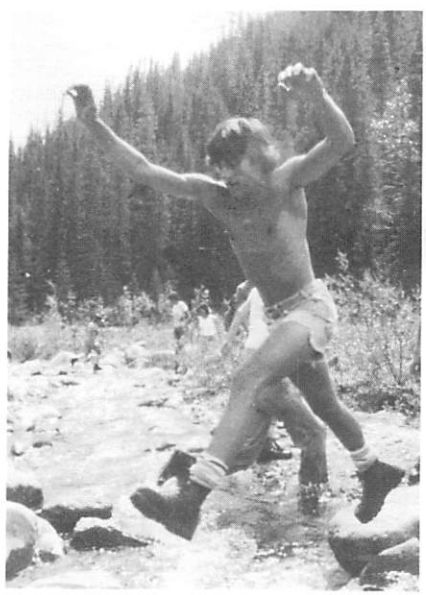
Hook the kids on the fitness habit -
it will do them a lifetime of good.

Note: Firm in the conviction that the fitness habit should benefit all children, the CFA has developed an adapted program for the trainable mentally handicapped youth, as well as a special CFA program for the physically disabled. For further information on either of these adapted programs, or for detailed information on the regular CFA program, please contact,

Canada Fitness Award
365 Laurier Avenue West
Ottawa, Ontario
K1A 0X6
(613) 996-4510

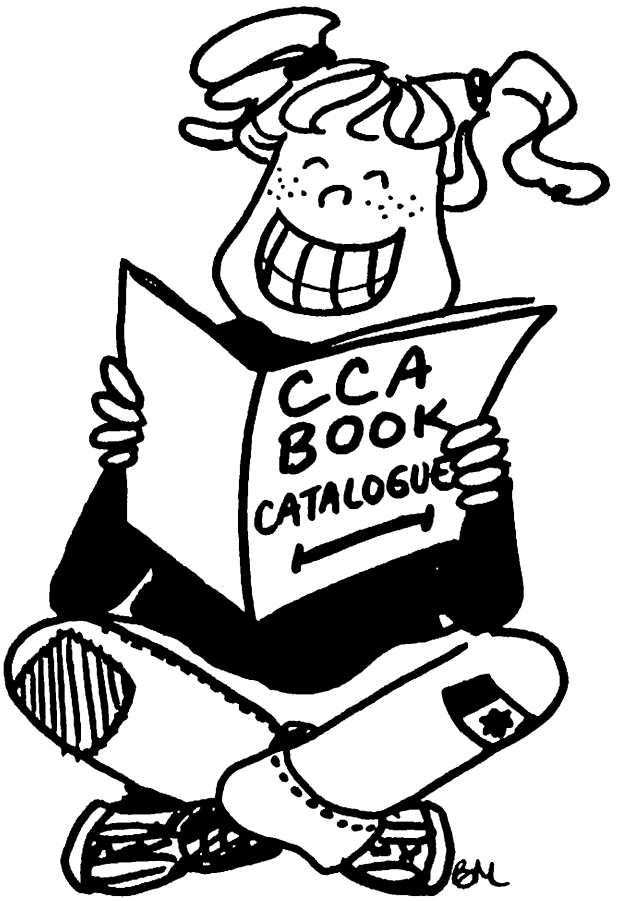


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PUBLICATIONS
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CANADIAN CAMPING ASSOCIATION ASSOCIATION DES CAMPS DU CANADA

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CANADIAN CAMPING ASSOCIATION

The Canadian Camping Association was founded in 1936 as a non-profit organization. It is a national federation of provincial camping associations uniting the camping leaders into an organization involved in the growth, development and promotion of camping in Canada.

All Canadian Camping Association programs and projects are made possible by membership fees, private contributions and funds from Fitness and Amateur Sport, Government of Canada.

The Canadian Camping Association operates a bookstore, primarily as a service to its members. Books of interest to camp directors, administrators, parents, counsellors and leaders working with children and youth in the outdoors are available in the Toronto office or may be ordered by mail or telephone. CCA Members receive a special discount price on all books (listed in brackets; identified by M).

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L'Association des camps du Canada, créée en 1936 est un organisme à but non lucratif et une fédération nationale des associations provinciales de camping réunissant les organismes qui se vouent à la croissance et à l'expansion du camping au Canada.

Tous les projets et programmes de l'Association des camps du Canada sont réalisés grâce aux cotisations des membres, aux contributions des particuliers et aux subventions de la Direction générale de la Condition physique et du Sport amateur du gouvernement fédéral.

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CCA/ACC PUBLICATIONS

*Denotes a Canadian book. All books are soft cover unless otherwise indicated.

CAMP ADMINISTRATION

Awareness Workshop Resource Packet **$6.75**

Serving persons with disabilities through camping.

37 p., 1982. (M — $5.50)

Basic Camp Management **$12.60**

Armand B. and Beverly H. Ball

A practical guide to the art and science of directing a summer camp. Especially designed for the new camp director, the book will also provide excellent information for the seasoned administrator. The chapters cover: program, purpose, and goals, staff, campers, site and facility preparation, legal matters, support services, evaluation, and finances. From a combined experience of 41 years in the camp field, the authors have produced a unique manual of valuable material for camping administrators.

American Camping Association, 156 p., 1979. (M — $10.50)

Camp Administration - Course Outline **$1.50**

A guide for courses in camp administration at the graduate level.

American Camping Association, 29 p., 1961. (M — $1.25)

Camp Director Education Curriculum Guide **$8.40**

Designed as a resource for trainers and college instructors dealing with camp director education or camp administration. Each unit contains a rationale for the competencies, areas to be covered, suggested learning activities, methods of assessment and references.

American Camping Association, 46 p., 1981. (M — $7.00)

Camp Management Technical Information Papers **$0.75 each**

TIP NO. 9 - "The Camp Staff Applicant: Interview Guidelines." An outline of information and guidelines for the camp staff applicant seeking a position.

American Camping Association, 1979. (M — $0.60)

TIP NO. 10 - "The Camp Director: Interview Guidelines." A discussion of interview techniques and practices from the viewpoint of the camp director or interviewer.

American Camping Association, 1979. (M — $0.60)

Camp Staff Job Descriptions **$1.50**

Suggested job descriptions for basic camp positions.

American Camping Association, 17 p., 1961. (M — $1.25)

Camp Standards with Interpretations **$11.00**

A complete listing of all standards with explanations by which a camp may be accredited by American Camping Association. These standards detail the desirable practices that are basic to quality camp operation; and are designed to provide a camp seeking to be accredited with the most complete information on the process.

American Camping Association, 77 p., revised 1980. (M — $9.25)

Camp Standards - Condensed **$3.00**

An abridged version of the American Camping Association standards, sufficient for those who wish a general listing of ACA Standards for information purposes.

American Camping Association, 28 p., 1980. (M — $1.50)

Camping Strategies for the Eighties **$8.10**

Proceedings from the National Symposium sponsored by the Indiana, Michigan and Ohio Sections of ACA and the Fund for the Advancement of Camping.

American Camping Association, 35 p., 1981. (M — $6.75)

***Camps: Their Planning and Management** **$29.95**

Dr. Robert Wilkinson

Robert E. Wilkinson, Ph.D., of McGill University's Physical Education Department and Camp Nominigue, Québec, has written this basic text which details both the theory and the practice of all the administrative aspects of organized camping. The chapters describe the present scope of organized camping in North America, management of human and physical resources available to camp administrators, supporting services, evaluation and assessment of campers, staff, camp program, and the administration, including the director. Key features in the book are health and safety for campers and staff, legal responsibility, administrative guidelines - for Canada and the U.S.A.

Hardbound, C.V. Mosby Company, 291 p., 1981. (M — $24.95)

Conservation of the Camp Site **$2.40**

A valuable book for all camp directors and administrators. It deals with conservation programming and the steps a camp should take to conserve and improve their natural features.

American Camping Association, 48 p., 1960. (M — $2.00)

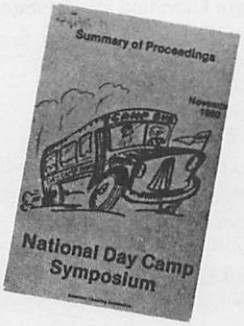
Decentralized Camping **$16.95**

Lois Goodrich

A handbook on how to administer and program for outdoor living in small groups. All aspects are discussed: how to begin, selection of staff, pre-camp training, nutrition, the health program, preparing campers and parents, the camp program and how well it affects individual campers. Shelters, buildings, budgets and maintenance are also covered.

American Camping Association, 183 p., 1982. (M — $14.00)





Fundamentals of Day Camping **$17.10**

Dr. Grace L. Mitchell

Fundamentals includes almost any information a day camp administrator might need. The book discusses the first steps in establishing a camp, the site, buildings and equipment, enrolling the campers, administration, finance, insurance, transportation, health and safety, and food. Other

chapters cover the staff, staff training, and discipline and control of campers. The final chapters provide a treasury of day camp program in arts and crafts, natural resources, adventures in camping, athletics, music and programming for special events and for rainy days.

American Camping Association, 256 p., 1981. (M — $14.25)

Making Effective Workshops Happen **$3.60**
Denise Robinson

The author discusses the whole range of information in workshop planning, from identifying audience needs to evaluation. Included are sections on setting goals and objectives, organizing the program, and identifying resources and barriers. To illustrate the suggested procedures an example of one type of workshop (an awareness workshop on serving disabled campers) a resource packet is also available.

Project Stretch, 10 p., 1982. (M — $3.00)

National Day Camp Symposium Proceedings **$8.70**

A Summary of Proceedings from the Symposium held in November of 1980. The Proceedings combine information on multiple topics in the field of day camping; pressures on day camps, the child, the community, the day camp director, goals/values, outdoor education resources and readings, staffing, transportation and energy, marketing and the future of day camping.

American Camping Association, 119 p., 1981. (M — $7.25)

***Outdoor Education - Guidelines for Camps** **$1.20**
Walter D. Mingie

These guidelines for camp directors who are interested in allowing the use of their camps by outside groups for outdoor education during the off-season. They were developed by a committee chaired by Walter D. Mingie at an Outdoor Education Conference sponsored by the CCA/ACC at La Calèche, Québec in 1974. The booklet looks at the administrative, staffing and camp resources necessary for such programs and ends with a plan of action for those wishing to proceed.

Canadian Camping Association, 17 p., revised 1981. (M — $1.00)

Perspectives on Camp Administration **$10.95**
Elizabeth Farley, Editor

An excellent resource for the experienced camp director or one who is considering entry into the field. A collection of magazine articles from various publications and newly written materials have been compiled around specific topics: Philosophic Foundations and Considerations, Life Span Development, Administration and Organization, The Camp Program, programs for Handicapped Campers, and a View to the Future.

American Camping Association, 125 p., 1982. (M — $9.00)

Short Term Camping Work Sheet **$0.60**

Additional copies of the Work Sheet incorporated in the Short Term Camping Guide. (M — $0.50)

Trainer Guides
Sue Stein, Editor

Developed by Project Stretch, these four trainer guides are the result of three years of monitoring camp director education programs.

Food Service Managerial 28 p. **$4.25**
(M — $3.50)

Health and Safety Managerial 27 p. **$4.25**
(M — $3.50)

Business and Finance Managerial 32 p. **$4.25**
(M — $3.50)

Site and Facilities Managerial 29 p. **$4.25**
(M — $3.50)

Use of Resident Camps for School Programs **$2.10**
Dr. Betty van der Smissen

Guidelines developed by ACA Outdoor Education Task Force for camp directors who desire to extend their summer resident facilities to schools conducting outdoor education programs. They are directed toward the initiation of such use and is not a manual for the conduct of such schools.

American Camping Association, 22 p., 1972. (M — $1.75)

Your Camp and the Handicapped Child **$1.50**
Dr. Phyllis M. Ford

Useful guidelines for director and counsellor dealing with handicapped campers.

American Camping Association, 16 p., 1966. (M — $1.25)



CHURCH AFFILIATED CAMPING

Church Family Camps and Conferences **$4.25**
Elizabeth and William Genne

A detailed manual for the administrator of camps and conference programs in the church. The authors, experts in the field, guide you through every step of the planning process: goals, sites, facilities, equipment, personnel, program activities, scheduling, evaluation, follow-up and much more. There are suggestions for serving families with special needs - parents without partners, three generation families, older couples and families with handicapped members.

Judson Press, 77 p., 1979. (M — $3.55)

God, Man, Land: Interrelationship Programs for Camps **$8.70**
Dr. Paul Paetkau

The author has a Ph.D. in biology education and is a consultant on environmental matters. His book provides a theology of Christian camping and some general principles in working with church groups. The programs are divided into suggested topics for ages 9-11, 12-13, and 14-16. A section on resources introduces additional material and activities. Delightfully written and logically organized, this is a plus for a church leader working with children on outdoor topics.

Faith and Life Press, 155 p., 1978. (M — $7.25)

Let's Teach Bible Games **$4.00**
Donna Fillmore

This practical book contains numerous suggestions by which the child's play instinct can be channelled into effective and enjoyable teaching and learning experiences through the use of Bible games.

Baker Book House, 72 p., 1978. (M — $3.30)

Object Lessons for Children's Worship **$4.55**
Mary Foxwell Loeks

This book provides a skillfully developed program of songs, memory verse, object lessons, correlated Bible story and activity geared to a child's world. The objects used are familiar ones found in most homes or camps and the applications made from the objects are clever and unforgettable.

Baker Book House, 101 p., 1979. (M — $3.80)

Worship in Youth and Children's Groups **$5.40**
Bernie and Margaret Neufeld

There are many times and places in the life of a child when he can be exposed to a conscious awareness of the presence of God and develop a sense of corporate worship. This booklet has been prepared with Sunday School in mind, but the general principles and practical suggestions can be extended to various church related settings, such as, retreats, camps, vacation Bible schools, etc.

Faith and Life Press, 43 p., 1981. (M — $4.50)

COOKBOOKS

***Cookery for Kids, Kamp n' Kicks** **$5.95**
Helen E. Stewart

An anthology of recipes used extensively at Camp Wahcahmie in Ontario. Tremendous results can be obtained by multiplying these recipes for 6 to 8 servings by the required number. Aside from delicious ideas for main courses, desserts, snacks, there is a section on outdoor cookery and two weeks of sample menus.

Helen E. Stewart, 81 p., 1969. (M — $5.00)

Cooking for Camp and Trail **$8.25**
Hasse Bunnelle & Shirley Sarvis

A Sierra Club Totebook includes 200 recipes for breakfasts, trail snacks, lunches, suppers, desserts and beverages. Additional information on preparation: planning, purchasing, timing and temperature variables. Super appendices cover packaging, equipment and cooking tips.

Sierra Club, 194 p., 1972. (M — $6.95)

***Cookout Manual** **$3.60**
Sue Whitney

Developed especially for Day Camp Cookouts, this manual provides some new and exciting ideas for both small and large cookouts. The recipes have been divided into six major groups according to Canada's Food Guide. There are 35 tested recipes.

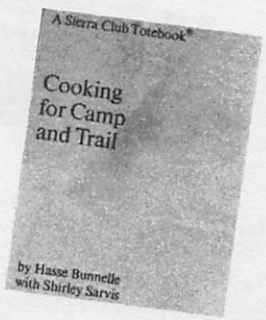
City of Etobicoke, Parks and Recreation, 24 p., 1979. (M — $3.00)

Kinhaven Cookbook **$12.00**
John Ahern

The alternate title is: *How We Feed 120 People.* Delightfully written, the cookbook from Kinhaven Music School in Vermont combines the practical know-how gleaned from years of experience in feeding 120 people three times a day with warm, friendly instructions and advice to anyone who cooks for large groups. It is written by and for amateur cooks and the recipes are in detail and very workable for a kitchen which operates without a great deal of expensive equipment. An appendix shows menus of two typical weeks, a list of minimal equipment, and sample order forms. A practical kitchen manual – and one which you will enjoy reading.

The Kinhaven Music School, 119 p., 1977. (M — $10.00)





***(The) Kitchen Makes the Camp Go 'Round** **$8.00**

Laurie A. MacIntosh dedicates his book to all other cooks preparing good food for others at camp, as well as to the memory of all the good times he had at camp ... "most of them spent in the kitchen". He knows that summer camp revolves around good fun, good times and most of all good food. These recipes can all be prepared by either first time cooks or an experienced chef. The amounts given to yield 50 portions are sufficient to feed groups of children up to the age of 14 or 15. There is a section on using leftovers, a metric conversion table, and a list of the weights of common foods.

Laurie A. MacIntosh, 87 p., 1981. (M — $6.95)

Simple Foods for the Pack **$12.00**
Vikki Kinmont & Claudia Axcell

This Sierra Club book is a guide to using whole natural foods while backpacking. It shows how to carry simple meals that offer nourishment, balance, low cost and good health. The foods are light-weight and long-lasting, and the recipes easily packed and prepared. Delicious peanut butter fudge!

Sierra Club, 211 p., 1976. (M — $9.95)

***Wanapitei Canoe Trippers' Cookbook** **$7.15**
Carol Hodgins

"Wilderness cooking for fun and nutrition" is the subtitle of this informative book of recipes. It has evolved from the experiences of Mrs. Hodgins and the staff of Wanapitei, a wilderness canoeing camp on Lake Temagami, Ontario. As well as many pages of delicious recipes, there are sections on nutrition, types and quantities of food, cost, packing, preparation and cooking and many other suggestions to make this important part of any canoe trip a success.

Highway Book Shop, 87 p., 1982. (M — $5.95)

CRAFTS

(The) Book of Arts and Crafts **$5.40**
Marguerite Ickis and Reba S. Esh

This is an almost inexhaustible collection of arts and crafts which can be made in a matter of minutes. There are instructions on techniques and preparation of materials. A functional index places the projects in the category where they can best be used: camps, playgrounds, schools, churches, or individuals. Clearly illustrated.

Dover Publications, Inc., 276 p., 1974. (M — $4.50)

(The) Complete How To Book of Indian Crafts **$9.95**
W. Ben Hunt

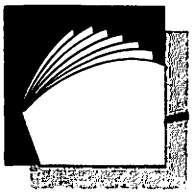
A readable and easy-to-follow text with hand-drawn diagrams shows how to use actual techniques and designs developed and perfected by the Indians. No special tools or even prior skills are required. In addition, Ben Hunt provides a remarkably interesting source of information about the first Americans; their highly developed artistry and design; their beliefs and traditions.

Collier MacMillan, 187 p., 1973. (M — $8.25)

(The) Indian How Book **$7.80**
Arthur C. Parker (Gawaso Wanneh)

How Indians made canoes, tipis, traps, arrowheads, pottery; Indian dances, songs, rituals; hunting, cooking, taming animals, more. Elementary level; sound anthropologically.

Dover Publications, Inc., 335 p., 1975. (M — $6.50)

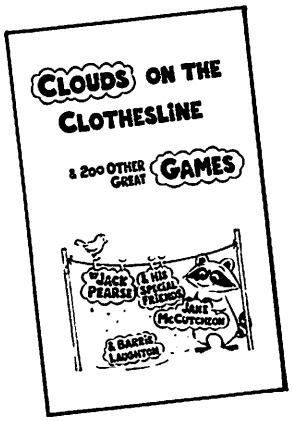


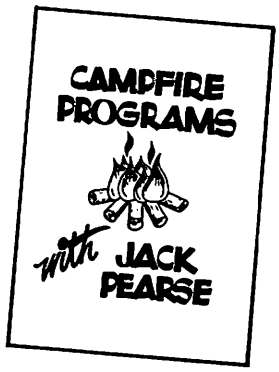
GENERAL PROGRAM

Camp Program Ideas **$9.00**

A collection of favourite special events from coast to coast: special days, evening programs, competitive events, inspirational events, meal themes, rainy day activities and miscellaneous events. The author's permission to reproduce this material has allowed the CCA/ACC to distribute this book at a new and lower price.

Recreation Department, San Diego State University, 90 p., 1977. (M — $7.50)





***Campfire Programs with Jack Pearse** **$6.75**
Jack Pearse

A comprehensive campfire treasury which includes not only specific program activities but also deals with the theory and philosophy behind campfire program, detailed suggestions for successful song leading and games leadership, and a checklist for planning. The author deals with campfires from the lighting the fire until the closing moments. He includes storytelling, skits, stunts, games, relays, and songs. There are, in addition, five sample campfire programs and an extensive bibliography of references.

Camp Tawingo Publications, 203 p., 1980.

***Clouds On the Clothesline (And 200 Other Great Games)** **$7.75**
Jack Pearse, Jane McCutcheon, Barrie Laughton

A veritable anthology of games - new ones, old ones, original ones - all perfected by use at Camp Tawingo. Chapter One includes a discussion of the art of games leadership. Succeeding chapters include many special types of games, and the chapter on Specialty Games includes two unusual categories of games not generally found in other games books, nature and campcraft. The description of each game includes the number of people, age group, formation, necessary equipment and instructions for the leader. Types of games are: active relays, active games, semi-active relays and games, mixers, musical games, quizzes, and quiet games.

Camp Tawingo Publications, 226 p., 1981.

***Conservation Activities** (Camp Allsaw) **$4.95**
Johanna Koeslag, B.Sc.

A manual of conservation activities as developed at Camp Allsaw, in Ontario. Campers and staff work together to apply the principles of recycling and organic gardening into producing delicious and nutritious crops for the enjoyment of the entire camp. A complete description of the procedures from composting through to harvesting is included as well as a chapter on beekeeping and honey extraction.

Camp Allsaw, 40 p., 1977. (M — $4.00)

Cow's Tails and Cobras **$12.00**
Karl Rohnke

This guide to rope courses, initiative games and other adventure activities deals with the perspective of: increasing the participant's personal confidence, increasing mutual support within a group, increasing the level of agility and coordination and increasing his familiarity with clear, precise instructions.

Project Adventure, 156 p., 1977. (M — $10.00)

Day Camp Program Book **$22.95**
Virginia W. Musselman

Revised edition of original activity manual for day camp counsellors. Four basic sections include: basics for counsellors, environmental activities, related program activities and composite program. Chapters also include camp emergencies, bus program, council ring programs, trips, weather, and sports & fitness.

New Century, 335 p., 1980. (M — $18.80)

Goodtimes Around the Campfire **$3.60**
LaRue A. Thurston

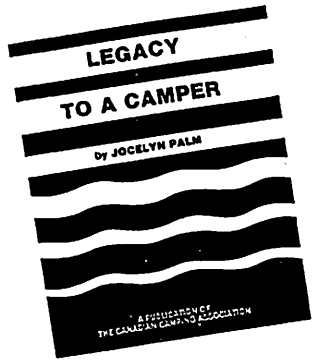
This condensation of *The Complete Book of Campfire Programs* includes games, stunts, magic, singing ceremonies, special programs - all kinds of fun for camping get-togethers.

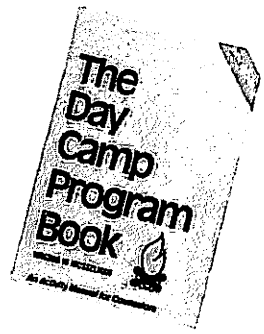
Association Press, 128 p., 1967. (M — $3.00)

***Legacy to A Camper** **$8.95**
Jocelyn Palm

This book includes a variety of program ideas for Special Days, Evening Program, Indian Council Ring, Quiet Times, Campfires and Thanks. More than the history of Mary S. Edgar and Glen Bernard Camp, *Legacy to a Camper* includes selections of Mary S. Edgar's poetry and prose which will be useful for all Camps, Guides and Youth Groups.

Canadian Camping Association, 133 p., 1982. (M — $7.95)





***More Campfire Programs with Jack Pearse** **$7.95**
Jack Pearse, Jane McCutcheon & John Jorgenson

The 8th book from Camp Tawingo Publications which continues the tradition of creative campfire material. There are five fun-filled campfire programs - complete with opening, singsong, games & relays, stunt, skill, story and closing. An additional section offers fuel for even more campfires that you may use for your camp. A veritable storehouse of ready-to-use, fantastic material for summer camps.

Camp Tawingo Publications, 202 p., 1984.

Outdoor Education Equipment **$13.40**
Russel E. Bachert, Jr and Emerson L. Snooks

Here in one book are over 100 ideas for the construction and use of self-made equipment. Each piece of equipment is illustrated with a detailed line drawing and is accompanied with an explanation that includes its purpose, materials needed, procedure for building and some direction for its use. Educators, naturalists, students, ecologists and young scientists will find in this book a wealth of ideas for further study of the environment.

Interstate Printers & Publishers, 204 p., 1974. (M — $11.00)

Raindrops Keep Falling on My Tent **$4.20**
Joy MacKay

A revision of an old favourite, this rainy day book is packed with hundreds of great ideas of what to do in camp when it pours. Workable and interesting program possibilities which come from Joy MacKay's experience as a camp director, camp consultant, and college professor. Suggestions include rainy day programming for individuals, cabin groups, and all-camp activities. Rain can be beautiful, even at camp with Joy KacKay's suggestions and your own ingenuity.

American Camping Association, 20 p., 1981. (M — $3.50)

Spotlight on Drama **$2.40**
Barbara Winslow

A revised and updated version of the earlier *Spotlight*. The book includes a complete description of the elements of a camp drama program: why, the principles for success, the administration of a program, sources for drama counsellors, suggestions for facilities and equipment, and budget and costs. A section on camper development growing out of participation in such a program, and an updated bibliography. Delightfully and interestingly written.

American Camping Association, 22 p., 1979. (M — $2.00)

Stories for the Campfire **$7.25**
Bob Hanson and Bill Roemmich, Editors

A collection of memorable stories gathered from all over the country to be told around the campfire. The stories are divided into six types: adventure, humorous, ghost, Indian, stories with a moral, and stories from other lands. Originally collected and published by the California Camping and Education Foundation.

American Camping Association, 56 p., 1983. (M — $6.00)

Tips and Tricks in Outdoor Education **$10.80**
Malcolm D. Swan

Compiled from ideas, notes, mimeographed materials, lesson plans, and guides by members of the Dept. of Outdoor Education at Northern Illinois University's Lorado Taft Field Campus, this resource is a most valuable aid to every outdoor education program.

Interstate Printers and Publishers, 184 p., 1978. (M — $9.00)





Woodsmoke and Campfire **$2.40**
Ernest F. Schmidt

A definitive description of campfires: kinds, the site, laying the fire, types of fires, program and presentation. An excellent resource for campfire programming.

American Camping Association, 1980. (M — $2.00)



HEALTH SERVICES

Accident Report Form **$0.30**
American Camping Association (M — $0.25)

Camp Health Cards/Forms **$0.25 each**

Health Exam. Card (Boy's)
Health Exam. Card (Girl's)
Health Exam. Form (General)
Health Record Card
Health Record Form

American Camping Association (M — $0.20)

(The) Camp Health Manual **$19.95**
David Goldring

A completely updated version of *The Camp Physician's Manual* published in 1967. The author is currently on the faculty of the School of Medicine at Washington University and has spent a number of years as a camp physician. The chapters of the new book include: camp standards; infirmary organization and administration; infirmary supplies; common medical and surgical problems; psychiatric disorders, ear, nose, throat, and chest problems; skin problems; allergic disorders; eye injuries and infections; bites by snakes, animals, and spiders; and the role of the camp health supervisor in emergencies. The most comprehensive manual ever written for the use of health supervisors of day and resident camps.

American Camping Association, 1983. (M — $16.50)

Camp Staff Application Form **$0.25**

The above camp forms were produced by the American Camping Association and are not to be reproduced by any other agency.

(M — $0.20)

Guide to Camp Nursing **$3.60**
Margaret Auld and Graceann-Ehlke

An incorporation of both *The Camp Nurse* and *"Suggested Policies and Standing Orders for Camp Nursing Services"* (both published by ACA) this guide is based on the research data gathered from currently employed camp nurses in seven western states. The knowledge and technical skills in the area of camp nursing form the basis for this book. The 1978 revision includes extensive revision of the Standing Orders and updates the first aid section.

American Camping Association, 44 p., 1978. (M — $3.00)

Health Record Log **$4.20**

This new publication provides a bound (stitched rather than stapled) log book with numbered pages (8½ x 11), each page with space for 25 entries and a total of 42 empty pages.

American Camping Association, 42 p., 1978. (M — $3.50)

***Nurse & the Health Program at Camp** **$6.75**
Mary I. Casey

The revised edition of the first CCA publication to deal extensively with

camp health services. A special section for counsellors gives suggestions about keeping campers healthy and safe; there is also an added chapter on how to deal with camper health and safety on an out-of-camp trip. The author has been associated with the field of organized camping as counsellor, camp director, and nurse.

Camp Tawingo Publications, 101 p., 1983.



*HOW TO SERIES

4 or 6 page monographs

- **"Composting for Pleasure and Profit"** **$0.75**
 Sam Hambly, CCA/ACC, 4 p., 1981.
- **"Fun and Fitness at Camp"** **$1.00**
 Marjorie Booth, CCA/ACC, 6 p., 1982.
- **"How to Promote Your Camp"** **$0.75**
 Derek Walsh, CCA/ACC, 4 p., 1981.
- **"Maximum Participation at the Waterfront"** **$1.00**
 Jocelyn Palm, CCA/ACC, 6 p., 1982.
- **Organizing a Sailing Program"** **$1.00**
 Catherine Thomas, CCA/ACC, 6 p., 1982.
- **"Winter Camping Skills"** **$1.00**
 Mors Kochanski, CCA/ACC, 6 p., 1982.

CCA/ACC Three Ring Binder **$4.00**

Made especially to hold the above monographs, a good quality, dark green plastic binder is available for $4.00.



LEADERSHIP

Camp and the Child **$3.00**

A series of articles celebrating the International Year of the Child have been combined into a single publication: The Child and Values, The Child and the Earth, The Child and Emotional Growth, The Child and Play, The Child as a Spiritual Being, and The Whole Child. The articles include the educative aspects of camp experiences, value education potential in a camp setting, the child's relationship to the natural world, the importance of play activities in camp, spiritual aspects of camp life, and all-round growth and development.

American Camping Association, 1979. (M — $2.50)

Camp Counsellor and Program Specialist Training Series
Edited by Dennis A. Vinton and Elizabeth M. Farley

The camp counsellor and program specialist program has been written to provide basic skills, knowledge, and behaviours needed for working in a camp. The training program is oriented to field application and features individualization of learning experiences. Each of the modules contains a checklist of performance objectives, a pretest, learning activities, post-test, and answer sheets for the tests. The objectives, learning activities, and evaluation methods focus on the specific duties which the camp counsellor or program specialist does on the job. Although the program can be used in a variety of ways – as a college course, institute, or workshop, or as pre-camp training – the emphasis is always on the practical application of learning in a camp setting. The booklets are bound, 8½ x 11, three-hole punched.

1. (An) Orientation to Camping and the Camp, 119 p. **$9.60**
(M — $8.00)

2. Knowing the Campers, 142 p. **$10.20**
(M — $8.50)

3. Camp Program Planning and Leadership, 142 p. **$10.20**
(M — $8.50)

4. Camp Health and Safety Practices, 87 p. **$7.50**
(M — $6.25)

5. Dealing with Camper Behaviour, 131 p. **$10.20**
(M — $8.50)

6. Evaluating the Camp Experience, 145 p. **$10.80**
(M — $9.00)

Modules 2 and 4 deal more heavily with the handicapped camper; the other modules deal with generic skills common to staff working with any other camper clientele.

Project REACH, 1979.

Camp Counsellor's Handbook **$11.95**
B. Blackstock & J. Latimer

The second edition of a camping classic is now available. Camp counsellors and other children's recreation leaders will benefit from the wisdom and experience included in this book. The authors cover the essential information for camp counsellors in seventeen chapters such as: Getting Ready, What Children Need, You as a Leader, Program Ideas (what to do when there's "nothing to do"), Planning for Trips, and Finishing Off Well. Camp directors will find this a valuable resource for your camp staff.

Methuen, 124 p., 1984. (M — $9.95)

(A) Camp Director Trains His Own Staff **$1.80**
Catherine T. Hammett

Suggestions for pre-camp and in-camp training. Excellent and definitive information will be found most useful by camp directors.

American Camping Association, 32 p. (M — $1.50)

(The) Camp Food Services Supervisor **$3.00**
Gary Robb

This publication includes general information on camps and camps for the handicapped and specifics of the job of the food service supervisor. It deals with topics from the importance of camp food to preparation and serving of food, maintenance of food service areas and equipment, to interaction with program staff and campers. There is also an annotated bibliography.

Project REACH, 39 p., 1979. (M — $2.50)

(The) Camp Maintenance Supervisor **$4.20**
Gary Robb

Designed to serve as a field guide to support staff and as a management aid to the director, this manual contains general information on camps and camps for the handicapped, and includes a job description for the maintenance supervisor covering: responsibilities, relationship with other staff, and specifics of the job. There is an annotated bibliography as well as appendices for special procedures involving the supervisor.

Project REACH, 82 p., 1979. (M — $3.50)

(The) Camp Secretary **$3.00**
Gary Robb

This publication includes information on camps and camps for the handicapped and pertinent information for anyone employed as a camp secretary. It discusses the major responsibilities of the job: the qualifications, the relationship of the secretary with other camp staff, and the specific duties with regard to bookkeeping, maintaining the file system, managing the office, handling mail, and maintaining office supplies.

Project REACH, 37 p., 1979. (M — $2.50)

Camper Guidance - A Basic Handbook **$2.40**
Dr. Joel W. Bloom and A. Cooper Ballentine

A must for every counsellor in every camp.

American Camping Association, 24 p., 1971. (M — $2.00)

Camper Guidance in the Routines of Daily Living **$1.80**

Dr. Joel W. Bloom has written a series of articles for use as supplementary reading for counsellor training.

American Camping Association, 16 p., 1965. (M — $1.50)

Camping for American Youth, A Declaration for Action **$1.80**
Kenneth Webb, Ed.

Prepared by ACA workshop. An interpretation of camping as it relates to present social trends and values and toward the fulfillment of the potential of the camper.

American Camping Association, 26 p., 1962. (M — $1.50)

Camping is Education **$1.80**

An extensive revision of the once very popular *"Place of the Organized Camp in the Field of Education."* A publication which should prove to be a classic of camping literature.

American Camping Association, 24 p., 1960. (M — $1.50)

***Counsellor-In-Training Instructor's Manual** **$14.95**

Designed for use by the C.I.T. Director with special tips for presentation of each chapter and suggestions for exercise answers. Additional references for each chapter topic. Price includes Binder, Manual and Instructor Notes.

Canadian Camping Association, 123 p., 1983.

***Counsellor-In-Training Manual** **1 - 9 copies @ $9.95**
10 copies or more @ $8.00

This workbook is designed for individual use by the C.I.T.'s. Also in a looseleaf format. Camp information can be easily added.

Camp History & Philosophy; Camp Facilities, Policies and Procedures; The Role of the C.I.T.; Health and Safety at Camp; The World of the Camper; Communication; The Effective Teacher; Leadership; Program Organization; Public Relations; Evaluation;

Canadian Camping Association, 91 p., 1983.

(A) Guide to a C.I.T. Program **$3.00**

ACA National Leadership Committee's guide to a leader's guide to the development and operation of a counsellor-in-training program in camp. This booklet contains suggested forms and program content.

American Camping Association, 2nd edition, 32 p., 1974. (M — $2.50)

Guide for Training Camp Staff **$4.00**
Project STAFF

A model of staff training designed for 16-21 year old youth from low-income settings, but may be adapted to any camp staff training.

American Camping Association, 32 p., 1981. (M — $3.50)

Informal Recreational Activities, A Leader's Guide **$9.00**

Dr. Phyllis Ford presents the basic principles of recreational leadership. The incorporation of theoretical principles with practical instruction makes the book a useful tool for a recreation leader - beginning or experienced.

American Camping Association, 119 p., 1977. (M — $7.50)

***Lead On ... Counsellor!** **$7.50**
Jack Pearse, John Jorgenson, Jane McCutcheon, Pat Pearse.

A timely and effective book by four uniquely qualified camp staff providing excellent information for the camp counsellor or for those who train camp counsellors. A practical, delightfully written book filled with innovative ideas for camp leaders.

Camp Tawingo Publication, 272 p., 1982.

Senior Adult Camping **$6.60**
Constance H. Armstrong

A new handbook providing guidance on philosophy, goals, administration, health and safety, emergency procedures, food management and other information on the growing activity of camping for older adults. The author is currently supervisor of recreation therapy at Harbor View Medical Center in Seattle and, through her experience, has provided a valuable collection of helps available to people in the fastest growing area of organized camping today.

American Camping Association, 46 p., 1979. (M — $5.50)



MISCELLANEOUS

Bibliography of Research in Organized Camping, Environmental Education, Adventure Activities and Interpretive Services **$23.95**

Dr. Betty van der Smissen and Judy Brookhiser have compiled and edited this comprehensive bibliography of research in the listed fields, plus articles from related periodicals in those subject areas. Indexed by subject and institution, this bibliography covers all research through 1980.

American Camping Association, 300 p., 1981. (M — $19.95)

***Blue Lake & Rocky Shore** **$10.75**

This new publication celebrates the 50th anniversary of the Ontario Camping Association and traces the long history of organized youth camping in the province. With delightful anecdotes, the editorial committee successfully describes the early years in OCA's camps, the milestones in the development of a professional camping organization and the current situation. This book is a must for those who love life at camp and for historians who want to discover the past of your camping movement.

Natural Heritage, 112 p., 1984. (M — $8.95)

Camp Staff Position Introductory Folders **$0.30 each**

Six pamphlets designed to provide prospective camp staff members about camp setting positions:

"Introduction to career ladders and entry position in Summer Camp"
"Camp Assistant Counsellor"
"Camp Health Aid"
"Camp Kitchen Aid"
"Camp Maintenance Assistant"
"Camp Office Assistant"

American Camping Association, 1981. (M — $0.25)

Camp Transportation Log **$8.50**

A bound (stitched rather than stapled) log book with numbered pages, 8½ x 5½ inches, with lined entry space for keeping a record of all maintenance on each individual camp vehicle. This record can fulfill the requirement of ACA Standard B-60.

American Camping Association, 1983. (M — $7.50)

Careers in Camping **($0.60)**

A pamphlet suggesting job opportunities available in the growing field of camping and how to evaluate one's qualifications and interest in the profession. A well written, to-the-point publication which has value in counselling young men and women in careers.

American Camping Association, revised 1979. (M — $0.50)

Fifty Years of Resident Outdoor Education **$21.60**
William M. Hammerman, editor.

Fifty years of innovative programming in resident outdoor education are traced, and the evolution from the early beginnings to the present time are

explored. The authors of the separate monographs have been involved in the development of outdoor education through the operation of such programs themselves and through the teaching of other leaders. They analyse the impact that resident outdoor education has had on educational philosophy and practice and on the increasing problems of our threatened environment.

American Camping Association, 129 p., 1980. (M — $18.00)

Light from a Thousand Campfires **$5.40**
Edited by Kenneth B. Webb

A treasury of camping ideas, information and experience rooted in the camping movement – its purposes, problems and promise for the future. The book contains the distilled wisdom of over 83 respected authorities in the field of organized camping.

American Camping Association, 384 p., 1960. (M — $4.50)

Tajar Tales **$2.40**
Jane Shaw Ward

Illustrated by Herman Lui Drucklieb. A fascinating story for younger children and amusing for all. Originally published by the YWCA and reprinted by ACA for camping people who love tall stories.

American Camping Association, 36 p., revised 1967. (M — $2.00)

***Thirty Indian Legends of Canada** **$8.35**

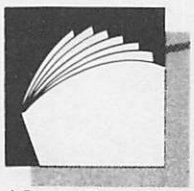
Margaret Bemister first drew this collection together from original sources over 60 years ago and it is now back in print in a reset and handsomely, illustrated edition. This is a moving introduction to the heritage of Canada's native peoples, Ojibway and Iroquois, Cree and Okanagan showing their sense of identity with the land and its natural wonders.

Douglas & McIntyre, 151 p., 1973. (M — $6.95)

***Winds from the Wilderness** **$10.80**
Carolyn Birmingham, editor.

This collection of favourite quotes by well-known authors is suitable for quiet times at camp or on the trail. Topics such as Leadership, Wilderness, Mountains, Adventure, Self-Discovery, Play, Friendship, Dignity, Solitude, Happiness and many more are included in this illustrated anthology.

Canadian Outward Bound Wilderness School, 111 p., 1982. (M — $9.00)



MUSIC

***Come On ... Let's Sing!** **$4.80**

The very popular book of songs is produced by the Camping Association of Nova Scotia. This collection of favourite camp songs is one of our best sellers! Words for over 600 songs are included.

Camping Association of Nova Scotia, 185 p., 1982. (M — $4.00)

(A) Counsellor's Guide to Camp Singing **$3.60**
Jane Tobitt

The counsellor will be able to use this book to enhance his/her own musical knowledge and make the music program broader in scope and more enjoyable for all.

American Camping Association, 44 p., 1971. (M — $3.00)

Sing! **$2.10**

Edited by the ACA Publications Committee. This completely new edition replaces *"Let's All Sing.* There are fast songs, campfire songs, rounds and inspirational songs.

World Around Songs, 95 p., revised 1978. (M — $1.75)

***Sing One More Time With Jack Pearse** **$6.00**
Jack Pearse.

The second collection of songs by a master song leader. Fifty-three more songs (not contained in *Sing With Jack Pearse*) with both music and lyrics (hand printed) to add to your collection. Illustrated with Roly Raccoon. Space to record chords and variations. Add this one to your collection!

Camp Tawingo Publications, 85 p., 1981.

***Sing With Jack Pearse** **$6.00**
Jack Pearse.

An incomparable collection of songs gathered by a master song leader. Delightfully illustrated with Celia, the crow, each song is complete with words and music – and actions, where they apply. Each page of songs has space to record chords and variations as desired. Some old favourites and some new ones to spark your music program at camp ... or wherever groups sing together. Hand-printed lyrics and notes.

Camp Tawingo Publications, 37 p., 1980.

***Singing Fun and Games** **$9.50**
Jack Pearse, Jane McCutcheon, John Jorgenson, Tom Knowlton

A delightful program resource book which combines the joy of singing, the fun and involvement of games and relays, and the creativity of skits and stories. More games fill its pages: active games and relays, specialty games (waterfront, nature, campcraft), and quiet games. Over 60 songs are featured, songs with choruses and verses that fit into every kind of setting. Chock full of variety from front to back, *Singing Fun ... And Games* continues the great Twaingo tradition of well written, enchantingly illustrated program material from a camp setting. There is an index of games and song titles, and a list of songs by the first line – providing easy access to the material. Spiralbound.

Camp Tawingo Publications, 189 p., 1983.

Tent and Trail Songs **$2.10**

116 songs to supplement the ACA songbook *Sing.* The format is the same.

World Around Songs, 80 p., 1966. (M — $1.75)



NATURE

Acclimatization: A Sensory and Conceptual Approach to Ecological Involvement **$7.50**
Steve Van Matre

First came identification, then collection, followed by experimentation, leading to exploration and observation. *Acclimatization* is sharing, sensing, awakening, understanding ... a beginning – not an end.

American Camping Association, 138 p., 1972. (M — $6.25)

Acclimatizing: A Personal and Reflective Approach to a Natural Relationship **$8.65**
Steve Van Matre

Following his popular book, *Acclimatization,* this well-known author has outlined a much larger program – special walks and talks, trips and trails, and a whole series of exercises designed to aid either the camper or a group in expanding their understanding of their own natural relationship and involvement with the world.

American Camping Association, 225 p., 1974. (M — $7.25)





Adventures with a Hand Lens **$5.40**
Richard Headstrom

With an ordinary magnifying glass and this book as your guide, 50 adventures in close observation await you. These entertaining nature studies take you on field trips in and around your home, calling attention to interesting features of dozens of familiar or overlooked plants, insects and other animals, and common materials.

Dover Publications, Inc. 220 p., 1976. (M — $4.50)

(A) Book of Nature Activities **$1.20**
John F. Gardner

This book has been prepared for the purpose of providing worthwhile experiences in the field of nature activities for boys and girls of elementary school age. They should be able to read it, with perhaps a little help, and do the activities that are suggested.

Interstate Printers, 37 p., 1967. (M — $1.00)

(The) Earth Speaks **$13.95**
Steve Van Matre, Bill Weiler, Ed.

A collection of poetry and prose dealing with the natural environment. The text is divided into three sections – Earth Magic; Earth Wisdom; and Earth Spirit. This illustrated journal of thoughts will be invaluable to leaders who are involved with the natural world – a powerful tribute to our home in space.

Acclimatization Experiences Institute, 184 p., 1983. (M — $11.50)

Eco-sketch: Ideas for Environmental Education **$6.90**
Russel E. Bachert, Jr., Sandie L. Bateman, Joanne L. Harward, Heather J. Hastings.

The idea-filled pages of this book are directed to leaders working with young people and adults in the out-of-doors. *Eco-Sketch* is designed to jog your mind and in turn stimulate development of a dynamic and challenging outdoor program. A great reference for schools, camps, nature centres, churches, recreation departments, and environmental education centres.

American Camping Association, 130 p., 1976. (M — $5.75)

Humanizing Environmental Education (A Guide for Leading Nature and Human Nature Activities) **$19.80**
Clifford E. Knapp and Joel Goodman

A unique book, blending and combining the elements of nature education and humanistic education. This concept has produced unparalleled resources for anyone who works with people in the outdoors. Hundreds of activities designed to give the participant learning experiences in specific areas are contained in this book. All of the activities have been used successfully in a human relations adventure camp and can readily be adapted or adjusted to many types of programs and sites.

American Camping Association, 252 p., 1981. (M — $16.50)

Reading the Woods **$10.20**
Vinson Brown

Rain, snow, animal life, fire, time and man leave signs in wooded areas that tell a story to knowing eyes schooled in reading the woods. With the explicit directions found in this fascinating book, event he new "reader" can soon find and understand the clues left by nature and man.

Collier MacMillan, 160 p., 1969. (M — $8.50)

Sharing Nature with Children **$9.60**
Joseph B. Cornell

A nature awareness guidebook for educators, parents, or anyone working with children in the outdoors; included are suggestions on how to be a good nature guide and how to choose the right game for the time and place. The activities detailed in the book are wholesome, uncompetitive, imaginative games which help the child actually experience what it is like to be a part of the natural world.

Ananda Publications, 142 p., 1979. (M — $8.00)

Sunship Earth **$13.50**
Steve Van Matre

The author's third major work in the area of environmental education – his first book, *Acclimatization*, came in 1972 and the second, *Acclimatizing*, in 1974. *Sunship Earth* unites the concepts of the first and the relationships experienced in the second into a special program to provide deep understanding of how all the passengers on Sunship Earth can live in harmony. It is a hard-hitting, carefully thought-out approach, one of the most comprehensive environmental education program ever developed.

American Camping Association, 265 p., 1979. (M — $11.25)

What on Earth **$5.40**
R.O. Bale

Tracing man's progress from his need of the earth for existence through his use of it for recreation, this book provides a storehouse of inexpensive projects designed to help campers better understand their evironment.

American Camping Association, 160 p., 1969. (M — $4.50)

You and Conservation – A Checklist for Camp Counsellors **$1.20**

This pamphlet is intended to help the counsellor and his campers be aware of attitudes and simple practices which may add up to good camping and good conservation. It was developed by the American Camping Association's Conservation in Camping project and financed by Lilly Endowment.

American Camping Association, 12 p., 1971. (M — $1.00)



PHILOSPHY

Alternatives for Youth-at-Risk **$1.20**
Kendall I. Lingle

An occasional paper by the Fund for the Advancement of Camping. This paper provides a summation of the types of alternative programs currently in sponsorship and provides some comparisons and estimations of costs, success rates, and information on financing.

FAC/ACA, 12 p., 1980. (M — $1.00)

Camping Creates Community **$1.80**
Dr. Peter S. Gabel

The fundamental and essential role of camping today and tomorrow is eloquently expressed in this most attractively designed booklet. Here is a thoroughly up-to-date philosophical approach to camping for today's

children, tomorrow's citizens, edited by one who is concerned and involved in seeking ways to help make tomorrow brighter and more promising.

American Camping Association, 20 p., 1971. (M — $1.50)

Camping Intergrouping - A Synthesis of Theory and Action **$5.70**
Paul R. Gibson

This unique book is written to help provide camp directors and other leaders with ideas for bringing together and working with diverse groups of children. Emphasis is given to the many aspects of the camp community which provide so well for the implementation of the principles of intergrouping. *Camping Intergrouping* suggests the components, steps and relevance of individual and group commitment to living together peacefully and productively in and beyond the camp setting.

American Camping Association, 84 p., 1974. (M — $4.75)

Camping in Transition **$1.80**

A report on four seminars on camping and outdoor education. The deliberations of 20 camping organizations and 10 branches of U.S. Federal and State Governments are reflected in this report. These 1964, 1965, 1966 and 1967 meetings were sponsored by the American Camping Association in cooperation with the Bureau of Outdoor Recreation and others.

American Camping Association, 27 p., 1969. (M — $1.50)

Group Experience: The Essence of Camping **$1.20**
Robert and Mary Brower

An occasional paper by the Fund for the Advancement of Camping. Written by the co-owners of a summer day camp, the paper details the place of the group experience in camping and its resulting influence on campers.

FAC/ACA, 9 p., 1980. (M — $1.00)

Interpreting Camp to Parents **$1.50**
Moisy Shopper

An occasional paper by the Fund for the Advancement of Camping. The author provides, from his own past experience with the camping movement, details of the learning experiences a child encounters at camp and its consequent impact in terms of situations.

FAC/ACA, 8 p., 1980. (M — $1.25)

Is Camp Administration a Profession? **$1.50**
William B. Duncan

An occasional paper by the Fund for the Advancement of Camping. The author is currently the director of George Williams College Camp (Wisconsin) and is one of the first to take the Model A Camp Director Institute. He continues to participate on the staff of 20 institutes. He is well qualified to discuss the professional implications of the camp administrator.

FAC/ACA, 8 p., 1981. (M — $1.25)

Kids in Trouble **$5.45**
Campbell Loughmilla

Campbell Loughmiller is the father of therapeutic camping programs for his disturbed children, and the founder and director for more than twenty years of the Salesmanship Club Boys Camp near Dallas, Texas. He developed a program which has achieved an astounding eighty-five percent longterm success rate. His book details the program which he has developed: an overview of the process; education; groupwork processes; counsellor training; and guidelines for anyone starting a new camp to deal with disturbed children.

Wildwood Press, 94 p., 1979. (M — $4.50)

(A) Modern Camp for the New Generation **$1.20**
Kenneth B. Webb

An occasional paper isued by the Fund for the Advancement of Camping. The author discusses camps in relation to: challenge, sense of ownership, new life-style, character and simplicity, spiritual yearning today, and camp's greatest contribution.

FAC/ACA, 4 p., 1979. (M — $1.00)

Summer Camps - Security in the Midst of Change **$3.00**
Kenneth B. Webb

The author of *Light from a Thousand Camp Fires* and many other books and papers brings to leaders and parents alike the increasing relevancy of camping as an educational tool of great value to today's urban and suburban oriented children.

American Camping Association, 52 p., 1968. (M — $2.50)

Uncertain Outposts **$2.10**
James A. Mason

An occasional paper issued by the Fund for the Advancement of Camping. The future of camping and the challenge of its past is discussed by a camp director of 25 years experience.

FAC/ACA, 16 p., 1979. (M — $1.75)

(The) Unique Mission of the Summer Camp **$1.80**
C. Walton Johnson

The American Camping Association is extremely pleased to have received permission from Mrs. C. Walton Johnson, to reprint this beautifully written monography by the founder and director of Camp Sequoyah for Boys, Asheville, North Carolina. The sound philosophy of camping by which C. Walton Johnson lived and his strong Christian principles which governed the operation of his successful camp from 1923 to 1967 can serve as an inspiration to camp directors and counsellors everywhere.

American Camping Association, 24 p., 1973. (M — $1.50)

(The) Values of Camping **$1.50**
Reynold E. Carlson

A statement of the values of camping as related to camping goals, youth needs, current social forces, and learning potential. Designed for use with board and committee personnel, as well as parents, and general public.

FAC/ACA, 8 p., 1975. (M — $1.25)

Year Round Camping Through Adventure Education Programs **$1.50**
C. Woodson Baker III

An occasional paper by the Fund for the Advancement of Camping. The author is the director of Camp Holiday Trails (Virginia) which serves children with chronic health problems. In the paper, he discusses adventure education in definition, outdoor adventure centres, and details developing a year-round program.

FAC/ACA, 8 p., 1981. (M — $1.25)



*(LA) SERIE COMMENT FAIRE

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 Jocelyn Palm, CCA/ACC, 6 p., 1982.

Un classeur d'ACC à feuilles mobiles disponible pour $4.00. Inclus: votre choix de 2 monographies gratuites.

SPORTS AND GAMES

(The) Cooperative Sports and Games Book **$11.40**
Terry Orlick

Players of every size, shape, age and ability will delight in this lively collection of over one hundred new games based on the idea of cooperation, not competition. Included as well are examples of cooperative games played round the world; games designed specifically for special education classes; and ideas for creating an endless variety of cooperative games on one's own. Wonderfully versatile, these games can be played indoors or out, in classrooms, on playgrounds, in swimming pools or in gymnasiums. There are no complicated rules, no equipment more elaborate than a ball, mat or net.

Random House of Canada Limited, 129 p., 1976. (M — $9.50)

Creative Growth Games **$10.20**
Eugene Raudsepp and George P. Hough, Jr.

The authors of this book offer a challenge to think in different ways by presenting seventy-five stimulating games designed to test and expand one's creative powers and problem solving abilities. These games – numerical, verbal and spatial – are designed to increase perception and imaginative potential.

The Putnam Group, 195 p., 1977. (M — $8.50)

Games for Grownups **$6.90**
Marguerite Kohl and Frederica Young

This collection of 162 games for adults and teenagers starts with a chart telling how many players and what equipment is needed; how long the game will take, and if it is an active or quiet game.

Simon and Shuster, 175 p., 1951. (M — $5.75)





(The) Handbook of Recreational Games **$4.20**
Neva L. Boyd

Eighteen categories of games – pursuit and escape, hopping and jumping, throwing and catching, bouncing ball, throwing at a mark, intellectual, etc. Rules for common and uncommon games that are played by children everywhere.

Dover Publications, Inc., 128 p., 1973. (M — $3.50)

More Creative Growth Games **$10.20**
Eugene Raudsepp

Eugene Raudsepp in the sequel to *Creative Growth Games* combines provocative fun with daring instruction. This entire new set of 75 games and exercises help one discover his/her creative capacities and problem solving abilities. There are visual exercises to expand persistence, concentration and originality; fantasy games to free the images stifled in the unconscious and elaborate mind teasers to unleash new ways of thinking.

Putnam Publishing Group, 201 p., 1980. (M — $8.50)

More New Games and Playful Ideas from The New Games Foundation **$13.00**
Edited by Andrew Fluegelman

More New Games picks up where the best selling *New Games* left off, with rules for 60 new games, new approaches to participation and winning, essays on game creation and adaptation, a capsule version of *New Games* training and an expanded and updated resource guide to publications, organizations, and equipment.

Doubleday, 190 p., 1981. (M — $10.50)

(The) New Games Book **$13.50**
Andrew Fluegelman, Editor

"Play hard, play fair, nobody hurt" is the motto of *New Games.* This is a collection of games old and new and borrowed from traditional favourites – with a new approach. Delightfully written and illustrated with charming pictures the games are explained in specific and easily followed instructions.

Doubleday, 193 p., 1977. (M — $10.95)

(The) Second Cooperative Sports and Games Book **$14.35**
Terry Orlick

The second volume of the *Cooperative Sports and Games Book* is "twice as big and twice as much fun." In it, Orlick introduces an entirely new round of over 200 active games for indoors and out, and for players of all ages, sizes and abilities. There are both original games and new ways to recycle such traditionally competitive sports as dodge ball or field hockey into fun-for-all challenges. There are: special pointers on teaching cooperative skills to teenagers and adults, a chapter on games to play with toddlers, ideas for making your own playground equipment.

Random House of Canada, Limited, 267 p., 1982. (M — $11.95)

Your Way With Map and Compass **$5.70**
John Disley

A popular instructor's edition which instructs students on the use of map and compass in a simple and interesting way. Provides instruction on the fundamentals of map-reading and compass use, using the map and compass together, and more advanced orienteering techniques. Contains many games and activities to supplement the lessons.

Silva Ltd., 61 p. (M — $4.65)



TRIPPING

Basic River Canoeing **$6.60**
Robert E. McNair

The complete manual of white water canoeing. Begins where flat water canoeing books end; it describes simply and concisely how and why the components of wild water, canoe, and paddle equal high adventure.

American Camping Association, 104 p., 1969. (M — $5.50)

Guide to Canoe Camping **$6.60**
D. Bruce Johnstone

From his long-time experience in camping in the canoe country of Minnesota, Wisconsin and Canada, the author has provided a detailed handbook of information on canoe tripping. He includes information on planning, suggested trips, paddling and strokes, food and camping supplies, canoe travelling, portaging, and campsites and making camp. The final chapter contains valuable tips gleaned from his travels. An excellent manual for a leader planning a canoe trip or as a resource for a camp canoe tripping program.

American Camping Association, 64 p., 1980. (M — $5.50)

Staying Found **$8.00**
June Fleming

This handbook to compass and map use conveys the range of skills and information one needs to become a competent backcountry route-finder in any season and in any terrain. The test is illustrated and contains information on Canadian maps and sources.

Vintage Books, 159 p., 1982. (M — $6.50)

***When the Wilderness Beckons** **$8.35**
Catherine Ross, Debbie Hutton and Pamela Dunbar

Three very experienced leaders of canoe tripping programs at summer camps have combined to write this handbook for small groups and families who may have never received formal instruction. There is a chapter on Canoeing Skills with illustrations of basic strokes; one on Planning; on Packing; a well illustrated section on Portaging; one on Camp Skills and Safety; and Emergencies. The information and practical suggestions offered should guarantee a safe, comfortable experience. Now into its second printing.

Highway Book Shop, 105 p., 1982. (M — $6.95)



WOODSMANSHIP AND CAMPING

(The) Campcraft Book **$6.60**
Catherine T. Hammett

A revised and updated version of the original *Your Own Book of Campcraft* first published in 1950. Prepared as a guide to teenage girls and boys for their first camping experience, the book has been widely used as a background book for ACA's Outdoor Living Skills course. A handy, authoritative source on campcraft skills, the book will be of practical value to anyone, young or old, who wants to go camping for the first time.

American Camping Association, 160 p., 1980. (M — $5.50)

Emergency/Survival Handbook **$4.75**
Robert E. Brown

A hip pocket size book of emergency procedures for anyone at home, office, camp, boat or bush. In addition to providing information, the orange cover can be used as a highly visible signalling device, it is also wax impregnated to serve as a fire starter; the mylar centrefold can also be used for signalling or as a light intensifier or mirror. Comes in a waterproof pouch-pack.

American Outdoor Safety League, 45 p., 1979. (M — $3.95)

Outdoor Living Skills

The Outdoor Living Skills Program is the American Camping Association's internationally known program for teaching successful outdoor living based upon the knowledge, skills and attitudes acquired only through actual experience in progressive stages. Integral parts of the program are the promotion of understanding and appreciation of the beauty of the natural world, the wise use of natural resources, the application of health and safety practices and a sense of achievement and fellowship. Since the entire OLS Course can only be taught by ACA certified OLS instructors, the usefulness of the following two books can only be that of reference manuals.

OLS Instructor's Manual **$7.50**

An outline by which a certified instructor can teach the OLS program. The purposes and objectives of the program are covered along with teaching plans for the topics in the check list.

American Camping Association, 81 p., 1979. (M — $6.25)

Guide for the Director of OLS Instructors **$4.80**

Serves as a reference tool: what to do, when to do it, and is a stimulus in developing the content and methods to be used in an instructor workshop.

American Camping Association, 12 p., 1980. (M — $4.00)

Outdoor Safety & Survival **$5.95**
B.C. Ministry of Lands, Parks & Housing

This pocketbook is a wonderful resource for any outdoor enthusiast. The chapters give a thorough overview of basic information on a common sense approach to preparation for outdoor activity: Survival Psychology, Clothing & Equipment, Travel, Hypothermia, So You're Lost, Building a Fire, Building a Shelter, Health and First Aid, to name a few.

Douglas & McIntyre Ltd., 153 p., 1984. (M — $4.95)

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4	Legacy To A Camper	7.95	9.95
2	Let's Teach Bible Games	3.30	4.00
8	Light from 1000 Campfires	4.50	5.40
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2	Making Effective Workshops Happen	3.00	3.60
6	Maximum Participation at Waterfront	1.00	1.00
10	Modern Camp for a New Generation	1.00	1.20
4	More Campfire Programs	7.95	N/A
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2	National Day Camp Proceedings	7.25	8.70
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5	Nurse & Health Program	6.75	N/A
	O		
2	Object Lessons for Child Worship	3.80	4.55
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	P		
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	R		
5	Raindrops Keep Falling on Tent	$ 3.50	$ 4.20
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	S		
11	Second Co-op. Sports & Games	11.95	14.35
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9	Sunship Earth	11.25	13.50
	T		
8	Tajar Tales	2.00	2.40
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8	Tent and Trail Songs	1.75	2.10
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	U		
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	V		
10	Values of Camping	1.25	1.50
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2	Your Camp and the Handicapped	1.25	1.50
11	Your Way With Map & Compass	4.65	5.70

Layout Design: *Wendy Wren*
Judy Richards
Marjorie Booth
Typesetting: *Characters Typesetting*

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JEUNESSE EN FORME CANADA

LA CONDITION PHYSIQUE: COMPRENDRE LES PRINCIPES FONDAMENTAUX

Pour comprendre la condition physique, l'animateur doit savoir les notions fondamentales de la condition physique et saisir comment les principes de l'exercice peuvent être utilisés non seulement pour atteindre un niveau de forme physique approprié, mais encore pour le maintenir. Si l'animateur désire intégrer le programme JFC à un cours de conditionnement physique, que ce soit à l'école, dans un camp, dans le cadre d'activités de scouts ou d'autres situations intéressant les jeunes, il devra être au courant de ce que les six épreuves comportent et de la façon d'employer une variété d'activités intéressantes permettant aux enfants d'atteindre le niveau de condition physique qu'ils se sont fixé dans chaque catégorie d'épreuves. Pour obtenir des détails sur la façon d'administrer le programme avec simplicité et efficacité, il suffit de communiquer avec:

Jeunesse en forme Canada
365 ouest, avenue Laurier
Ottawa (Ontario)
K1A 0X6
(613) 996-4510

Les principes fondamentaux de la condition physique

Une personne en bonne forme physique est une personne en mesure de répondre aux exigences d'une vie active avec suffisamment d'énergie pour profiter véritablement des loisirs et capable de faire face aux situations urgentes imprévues. Le niveau de condition physique auquel une personne devrait aspirer dépendra de son âge, de sa culture, de son milieu, de son mode de vie et du type d'activité physique entreprise.

Un adulte ou un enfant vraiment en bonne forme affiche non seulement une excellente coordination motrice et musculaire mais aussi de l'endurance, de la souplesse et une capacité cardio-pulmonaire ou aérobie élevée. Pour saisir la notion de condition physique optimale, l'animateur du programme JFC doit posséder des connaissances de base sur les paramètres de la forme physique ainsi que sur la façon dont ces facteurs sont reliés entre eux.

La motricité est l'aptitude prouvée de se déplacer avec précision, force et puissance selon diverses combinaisons. Ces caractéristiques ressortent remarquablement dans une bonne partie de basketball et dans la course-navette du programme JFC.

La tonicité musculaire a trait à la force, à l'endurance, à la souplesse, à la vitesse, à la puissance et au tonus des muscles. La force est la puissance déployée pendant un effort maximal, par exemple dans l'haltérophilie. L'endurance musculaire s'acquiert avec la persévérance, c'est-à-dire qu'elle est fonction d'exercices répétitifs et que les bienfaits qui en découlent sont associés aux muscles utilisés. La souplesse décrit l'étendue des mouvements des diverses articulations du corps. Des exercices graduels d'étirement, de fléchissement et de torsion des muscles faits régulièrement assureront, après un certain temps, une souplesse relativement grande.



Glen Bernard Camp

La *capacité énergétique* ou aérobie du coeur et des poumons est l'aptitude de ces organes à absorber de l'oxygène et à le véhiculer à tout l'organisme par le biais du système circulatoire. L'oxygène transmis aux muscles pendant une activité physique est converti en énergie afin de répondre à la dépense énergétique. Pour un bon conditionnement aérobie, il faut que tout le corps soit actif pendant une période prolongée et continue.

Les principes de l'exercice

En plus de ces renseignements de base sur la condition physique, il reste à l'animateur à saisir comment appliquer les principes fondamentaux de l'exercice à un programme de formation. Ces principes d'exercice peuvent être résumés dans l'acronyme F.I.T.T. qui se définit comme la fréquence, l'intensité, le type et le temps.

Pour que l'exercice soit profitable, il doit être fait au moins trois fois par semaine, bien que les spécialistes de la condition physique recommandent une fréquence de quatre à cinq fois par semaine. L'exercice devrait être intense sans pour autant exercer trop de pression sur l'organisme. Pour évaluer l'effort ou la fatique; il suffit de demander au participant de parler en même temps qu'il fait de l'exercice; s'il éprouve de la difficulté à le faire, l'exercice est trop intense.

Un bon programme de conditionnement physique devrait comprendre des exercices favorisant la condition aérobie, le renforcissement des muscles, l'endurance et la souplesse. En prévoyant une séance minimale de 15 minutes d'exercices physiques, combinée avec une période appropriée de réchauffement et de relaxation, une personne consacre en tout et pour tout une demi-heure à l'activité physique régulière.

Lorsqu'on participe à un programme de conditionnement physique ou qu'on en administre un, il existe trois principes de formation dont il faut se souvenir:

1. Il n'est pas nécessaire que cela fasse mal pour être efficace.
2. S'entraîner, ce n'est pas s'épuiser.
3. Il faut y aller progressivement.

En outre, l'animateur de conditionnement physique devrait être au courant des principes d'exercice suivants: la surcharge, la progression et la spécificité. Les muscles et la dyade cardio-pulmonaire exigent de faire des exercices à une intensité nettement supérieure à la normale jusqu'à l'atteinte du niveau de condition physique désiré. Voilà ce qu'on entend par *surcharge*. Par la suite, il faut continuer à faire les exercices au niveau optimal afin de conserver la forme physique ainsi obtenue.

En cherchant à améliorer leur forme physique, les participants devraient commencer raisonnablement et tout doucement. Au fur et à mesure que leur condition physique s'améliore, ils peuvent prolonger la durée des exercices (plutôt que d'en hausser le seuil de difficulté), se dirigeant *progressivement* vers une meilleure forme physique. Les effets de l'exercice sont limités ou sont *particuliers* au genre d'activité effectuée. Par conséquent, un programme de conditionnement physique complet devrait comporter des activités pour chacun des groupes musculaires ainsi que la condition aérobie et la souplesse.

Les épreuves de JFC

Le programme JFC est un test de la condition motrice qui est simple à administrer puisqu'il comporte seulement les six épreuves qui sont décrites dans les paragraphs suivants. Chacune des épreuves mesure une composante particulière de la condition physique.

Les redressements partiels assis éprouvent la force et l'endurance des muscles abdominaux et abducteurs du dos. Le saut en longueur sans élan permet d'évaluer la puissance explosive des muscles des jambes d'un jeune dans un effort rapide et soudain. L'épreuve des extensions des bras, les jambes tendues et parallèles, fait valoir la force des bras et des épaules.

La course-navette est une épreuve de vitesse, d'agilité et de coordination parce qu'elle exige plusieurs changements de direction qui doivent être effectués à la fois vite et en douceur. La course de 50 mètres est une épreuve de rapidité. La course d'endurance comporte trois niveaux: le 800 mètres pour les jeunes de 6 à 9 ans, le 1600 mètres pour les jeunes de 10 à 12 ans et le 2400 mètres pour les jeunes de 13 à 17 ans. Cette épreuve évalue la capacité aérobie ou fonctionnelle cardio-pulmonaire. Il est essentiel d'avoir terminé la course d'endurance pour obtenir l'écusson désiré.

Mise en oeuvre du programme

Pour les animateurs désireux d'inculquer de bonnes habitudes de conditionnement physique aux jeunes, il est relativement simple de mettre en oeuvre avec succès le programme JFC. Il leur faut disposer de certaines pièces d'équipement simples et retenir les services d'un chronométreur chevronné. En général, il n'est pas nécessaire d'avoir des installations à moins que les conditions atmosphériques soient mauvaises. Toutefois, il est particulièrement important de tenir compte du temps et du terrain pour le sprint et la course d'endurance, car les meilleurs résultats sont obtenus lorsque ces épreuves ont lieu à l'extérieur.

D'abord, les enfants subissent une course d'essai ou un test préalable qui leur fait connaître le concept de JFC et les exigences de chaque épreuve. La course d'essai est primordiale dans le programme parce qu'elle indique aux participants leur niveau de forme physique actuel et leur permet, sous l'oeil de l'animateur, d'établir des buts raisonnables qu'ils chercheront à atteindre pendant les semaines ou les mois qui précèdent le test final.

Ce dernier sert à mesurer le succès de l'effort consacré aux activités de formation. Les écussons décernés aux participants sont les récompenses qui concrétisent l'effort et le rendement satisfaisants.

Les activités d'entraînement

Pour que les jeunes restent très motivés, l'animateur devrait faire appel à des activités de formation qui sont à la fois amusantes et intéressantes pendant la période qui précède le test final. Par conséquent, il est recommandé de ne pas trop se servir des épreuves elles-mêmes comme exercices de formation.

Les activités qui peuvent être pratiquées pendant la période de préparation entre le test préalable et le test final varient selon le contexte, par exemple une école, un camp ou un centre "Y", et les installations dont on dispose, par exemple une piscine, un gymnase ou une patinoire. Cependant, voici quelques activités qui peuvent contribuer à améliorer la performance dans des domaines précis du test.

Des exercices de gymnastique, de la natation (des jambes seulement) et des élévations, jambes pliées aideront à renforcir la sangle abdominale pour les redressements partiels assis. Afin d'améliorer la puissance explosive des muscles des jambes pour le saut en longueur sans élan, l'animateur peut avoir recours à des exercices de saut, des parties de basketball et de volleyball, des jeux de saute-mouton et de la natation (des jambes seulement). L'agilité, la coordination et la rapidité exigées pour la course-navette seront améliorées par des jeux de ballon, du patin et des relais. La natation, des exercices de traction à la barre, des tractions, de l'escalade (surtout sur un jungle gym) et le canotage aideront à augmenter la force des bras et des épaules qui est nécessaire pour les extensions des bras, jambes tendues et parallèles. Pour une meilleure performance dans le sprint de 50 mètres, l'animateur peut avoir recours à des jeux, des courses et des relais dans l'eau et sur terre ainsi qu'à des sports tels que le soccer et le hockey sur gazon. On peut utiliser des activités semblables pour améliorer les résultats dans la course d'endurance, comme le jogging, le ski de fond, la bicyclette et le saut à la corde.

Conclusion

Compte tenu de ces données sur la condition physique, de ces principes d'exercice et des notions de base du programme JFC, n'importe quel adulte travaillant avec des enfants peut, dans presque toute situation donnée, utiliser le programme JFC pour compléter un programme général d'activités physiques. En intégrant les idées sur le mode de vie et les techniques de motivation, l'animateur peut administrer avec succès un programme de conditionnement physique, en faisant du programme JFC un outil valable. À court terme, un tel programme procurera beaucoup de plaisir au groupe d'enfants et en améliorera la forme physique. À long terme, il se traduira par une vie plus riche et mieux remplie pour tous les jeunes parce qu'ils auront adopté, pour de bon, un mode de vie actif et sain.

POEM

"I hold myself to be incapable of hating any being on earth. By a long course of prayerful discipline, I have ceased for over forty years to hate anybody. I know this is a big claim. Nevertheless, I make it in all humility.

The law of love could be best understood and learned through little children."

GANDHI



Glen Bernard Camp

International Youth Year
1985

Année internationale
de la jeunesse
1985

YOUTH CAMP DIRECTOR INSTITUTE
Bolton, Ontario
January 31 – February 3, 1985
PROGRAM HIGHLIGHTS

Année internationale
de la jeunesse
1985

International Youth Year
1985

THURSDAY, JANUARY 31

Registration

Opening

FRIDAY, FEBRUARY 1

Morning 9:00 – 12:00

Values & Morals of Youth
K. Grant Kerr, United Church of Canada
OCA President

Stress & Addiction
Norm Panzica
Council on Drug Abuse

Volunteerism & Youth
Marguerite Hudson
Girl Guides of Canada

Responsibility, Loyalty & Commitment of Youth
Arnold Cohen
Child Guidance Clinic of Winnipeg

Afternoon 1:30 – 4:30

"I've done it all" – Apathetic Youth
Barry Lowes
Camp Timberlane

Titles & Branding
Doreen Kronick, Faculty of Education
York University

The Family
Alan Ingram, Litigation Counsel
Official Guardian Branch, Province of Ontario

"Everything Else" Discussion
Ron Johnstone
Alberta Camping Association

SATURDAY, FEBRUARY 2
9:30 a.m. – 12:00 noon

Keynote Address:
"The Ten Commandments of Communication"
Michael Brandwein, Leadership Training Consultant
Chicago, U.S.A.

Afternoon 1:30 – 3:00

Time Management for Camp Directors
Ron Johnstone

Motivation Magic
Michael Brandwein

Child Abuse
Arnold Cohen

Afternoon 4:45 – 5:15

Kindred Group Meetings
Special interest sessions in response to delegate survey

Afternoon 3:15 – 4:30

Marketing Your Camp
Bruce Harris, Camp Kawabi

Stuffing Staff with Super Stuff
Michael Brandwein

Effective Leadership for Environment Programs
Craig Copland
Camp Mini-Yo-We

Evening

Campfire Program
For youthful campers!

SUNDAY, FEBRUARY 3

Morning – Chapel Service (optional)

Panel for People with Problems
Panel of experts to help you with your situation at camp.

Closing Address
John Latimer, Institute Chairman.

canadian camping association *association des camps du canada*

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RELIGION AND CAMPING: BEYOND THE SENSATIONAL!

by: John A. Vissers

That the place of the Bible and religious faith is being discussed openly in the camping community ought to bring some joy to those who have laboured in religious, church, and Christian camps and often seen their concerns inadequately addressed. Enthusiasm, however, is tempered by the kind of direction taken in the Summer 1984 edition of *Canadian Camping*.

It must be pointed out, then, that the issues raised by the editor in this most unsatisfactory manner are only addressed adequately when set in a broader context. I want, therefore, to raise what I consider to be the salient presuppositional issues in order to set the whole discussion in a wider framework. This kind of approach will, I believe, be more helpful should the camping community continue its reflection on the nature of religious faith and its relationship to organized children's camps.

I. Religious Authority and Biblical Interpretation

The "proper interpretation" of the Bible seems to be one of the editor's main concerns. He complains about the authoritative citing of scripture to justify and legitimize all sorts of irrational attitudes and activities; about the quoting of scripture "out of context"; about accepting the message of the Bible uncritically. What he fails to appreciate is that these concerns have been addressed by the Christian church during the past two thousand years. And contemporary Christians – lay people, clergy, and scholars – are very much concerned with the interpretation of the Bible. Theologians work hard at something called "hermeneutics" – the science of interpretation. The concerns of the editorial, then, are legitimate, but because they are raised in such a sensationalized manner, the editor fails to understand this wider issue of hermeneutics and makes two glaring mistakes. First, he fails to understand the way in which the Christian community sees the Bible. There is a failure to make a proper distinction between the biblical text to be interpreted and the interpreter of that biblical text – between the Bible and the person who is seeking to understand it. Therefore, his example of the game "Rumour Mill", while an appropriate illustration for the passing of messages between people, does not illustrate the way scripture came into existence and why it is seen to be the Word of God in the church today. Second, later the editorial is a perfect example of quoting scripture "out of context". Romans 2:1 and Matthew 24:25 are quoted as "proof-texts" to support the editorial position. You cannot have it both ways – on the one hand attacking the authority of scripture and on the other using it to prop up your own position.

Principles of biblical interpretation are, however, only part of the even larger issue of religious authority. It is clear the editor presupposes reason as the measure of all things – that is rational, critical thinking. In our day such a position is often seen to offer the only logical criteria for religion and indeed for life in general. But the truth of the matter is that again we are confronted with an issue having a long tradition in the history of the Christian church and western civilization. Do we base our faith upon human reason – rational, critical thinking – or do we find justification for religious belief elsewhere – as in a revelation of some sort? The principles of reason operative in our culture are inherited from the Enlightenment and are not to be disparaged, but I want to suggest that religious faith is more, much more, than rational, critical thinking. While faith is reasonable in the sense that it is reasonable to believe, religious faith is also a human response to a divine revelation – the revelation of God – which for Christians is the revelation of God in Jesus Christ as revealed in the Word of God – the Bible. Authority for religion, then, is not found simply in autonomous reason. The Bible's purpose is not simply to be used "to promote rational, critical thinking in children's minds to facilitate more responsible and compassionate growth to adulthood". The Bible is a book of faith and our response to its authority for our lives extends beyond the use of our fallible human reason.

Discussions among philosophers, scientists, and theologians concerning our "Post-Scientific Culture" seem to bear this out – that human knowledge involves much more than reason and that it is indeed possible to speak meaningfully of religious faith and revelation in our world (cf. T. Kuhn, *The Structure of Scientific Revolutions*, P. Berger *A Rumour of Angels*, S. Keen *Apology for Wonder*, S. Toulmin, *The Evolution of Human Concepts*, and many other scientific, philosophical, and theological books). In reacting against the blind obedience of many to religious and spiritual leaders everywhere evident in our society, the editor has gone to the opposite extreme of making cold rationality the measure of life, thereby excluding by presupposition the very heart of religion – faith as response to revelation.

I am pleading the, for a more careful and nuanced discussion than that presented in the editorial. Consider the authority of the Bible within the wider discussion of biblical interpretation and religious authority. Generalizations such as those made in the editorial cannot be taken seriously until one considers the very nature of biblical inspiration, revelation, and interpretation in this way.

II. Religious Faith and Ethics

The editorial propogates the position that it is not what a person preaches or believes which is important but rather what a person does. In other words, it is not the faith with which one believes nor the content of the doctrines of the faith believed which are important, but the ethical and moral implications and applications of such faith in practical life.

I fully appreciate why this is a problem for the editor because it is the very core of the Christian message – the scandal of the Christian gospel. It is not what we do which makes us religious, Christian, or wins us salvation, but it is our trusting in God's grace in Jesus Christ. It is our response to the life, ministry, death, and resurrection of Jesus Christ which is at the heart of Christianity. This does not mean that ethics are unimportant but rather that morality and service, practical Christian living, are a consequential responsibility in light of God's grace. In other words, ethical behaviour, while at the very centre of the Christian faith, is nonetheless not the foundation of such faith but rather its fruit – faith being lived out as love in life. Word and deed must be kept together and not separated as in the editorial: "Children need to know that the measure of a spiritual or religious person lies in WHAT A PERSON DOES, not in how a person preaches". While this sounds like an admirable statement to many, it separates what the Christian faith seeks to keep together – word and deed; message and action.

The editorial is concerned that too much emphasis on the word, message, doctrine, or what is preached tends to obscure the responsibility of living out love and justice in the world. That is true! But equally problematic is too great an emphasis on ethics and living out faith at the expense of sound theology and preaching. We need a balanced approach to religious faith. The church is called to worship and proclaim Jesus Christ *and* to participate in God's working in the world. But without sound theological thinking and preaching, what a person does will not in any way be meaningful. One theologian puts it this way:

> Often we hear people say that it is not what a person believes, it is what he/she does that is important. This is a half-truth, but like all half-truths it is dangerous. It is half true because, from the Christian viewpoint, theological thinking is not an end in itself. Christianity is to be lived; it is to issue in action; as long as it remains merely thought it is unchristian and futile. But it is a *half*-truth because whatever a person does depends upon what he/she thinks and hold of ultimate value. (W.E. Hordern, *A Layman's Guide To Protestant Theology*).

We must teach children, therefore, to measure a person by actions and words; the measure of worth is in how a person lives and in how a person thinks, what he/she believes, what he/she preaches. In this way, the Bible promotes faith and love. Camp programming ought to reflect both. And religious faith and commitment will be seen to include reasonable thinking and ethical living, but also much more.

III. Religious Institutions and Society

One further concern I have comes in what I

STANDING ORDERS - FOR US?

by: Mary Casey, R.N.

We are all becoming more and more concerned about the legal aspects of camping. There is a particular problem in the area of "health care" since camps make use of a variety of health care workers and so the legal requirements are not always clear. This article is of special concern to camps where Registered Nurses are giving health care without a resident physician.

All Registered Nurses working without a physician on site require guidelines for treatment which have been approved by a physician - these guidelines are called STANDING ORDERS. In the interest of safety and time, it is essential to have standard procedures set up. Nurses may well be able to formulate good procedures and retain these in their minds for future use, but the legal position of the nurse and the camp is in question unless such directives are written and the camp physician has signed them indicating his/her approval. It is the writer's opinion that this is a wise and necessary procedure even when a physician is on site.

Standing Orders are developed by the nurse with the assistance of the director and appropriate health care professionals, i.e. surgeons, pediatricians, pharmacists, nurses. If you have not already done it, start now to develop or revise your Standing Orders while the consultants you need are available. It is preferable to do this task in September when the summer problems are fresh in your mind and the nurses' suggestions are current.

Standing Orders for your camp should be developed using the following principles:

1. Good aseptic technique.
2. Current accepted treatment of illness and accidents.
3. Simplicity of treatment.
4. Teaching of sound health practices.
5. Cost control where possible.

Standing Orders, for the use of the Registered Nurse at camp, consist of the following three units:

1. Written protocols for the treatment of illness and accidents occurring on and off the campsite.
2. Written medical directives related to the administration of all non-prescription, oral or injectable medications used at camp. These directives should include - the name of the medication, the indications for its use, the dosage and frequency of use and the route of administration.
3. The annual signature of the camp physician indicating his/her approval.

Examples of Standing Orders

ILLNESS AND ACCIDENTS

Abdominal Pain

Persistant abdominal pain, with or without nausea, vomiting, diarrhea or fever, is appendicitis until ruled out by the physician. Ask about any injury.

Treatment - no food or fluid
- in bed, warm and quiet
- no laxative; constipation rare!
- see physician at least within 6 hours.

MEDICATIONS

Medication

Aspirin (325 mg).

Indications for use

Headache, earache, toothache, menstrual pain.

Dosage

Adult: 1-2 tablets every 4 hours by mouth.

Child: 1 tablet every 4 hours by mouth.

It can be seen that the development of Standing Orders requires considerable time and effort but once they are formulated, it is no problem to review them each year and make necessary changes. The initial effort is well worth it in providing the camp administration and the nurses with some assurance of legal backing. The values of Standing Orders are as follows:

1. Standing Orders, signed by the camp physician, are a legal requirement of a Registered Nurse.
2. Standing Orders ensure continuity of care throughout the summer - nurse to nurse, nurse to doctor, doctor to nurse.
3. Standing Orders facilitate control and economy in purchasing of health care supplies.
4. Standing Orders provide valuable information for out-trippers since the cover treatment for both illness and accidents.
5. Standing Orders, developed in consultation with specialists in the health care field, promote high quality health care.

Are STANDING ORDERS for you? Yes, they are, if you have Registered Nurses giving health care at your camp. While you still have some quiet time to think, get your nurses together, approach the required health specialists and prepare Standing Orders for use next summer. You will soon realize their value.

ARE YOU TAPING YOUR LEADERS?

by: Bruno Morawetz, PhD., Archives Chairman, CCA

Thanks to the inspiration of Helen Stewart, the Ontario Archives Chairman, here are a few ideas to inspire Provincial Associations to enhance the archival activities.

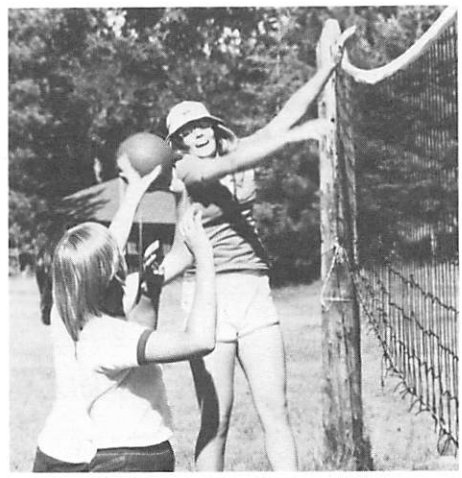
It is important to keep in mind that today's daily events become important historical data in a short time. In order to record these events, it is a good idea to make use of tape recorders to tape interviews with individual Camp Directors and to tape addresses that are given at conferences and workshops.

It is a good idea to set aside a filing cabinet or a spare drawer to house Minutes, copies of speeches, agendas, notices, etc. and to send copies to the CCA Archives at Trent University, Peterborough, if it is of national importance.

It is also a good idea to take pictures at conferences and workshops and generally to stuff the brown "Archives Envelope" as often as possible.

Provincial Associations should make their own camp members aware of the importance of storing their own material for their own purposes.

The Ontario Archives Committee has just finished writing the history of the Ontario Camping Association in a handsome booklet entitled "Blue Lake and Rocky Shore" to mark the 50th Anniversary of its founding and it is hoped that other provinces will start thinking about the writing of their own histories. ("Blue Lake and Rocky Shore" is available from the CCA Bookstore for $8.95 plus shipping).



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CAMPING ... THE LAST WORD!

I am tired of the articles on sexuality, homosexuality, masturbation and virginity. Surely to goodness this magazine could focus on the great things that are going on in Canadian Camps – the great things that people in camping are accomplishing. I for one feel the focus of this magazine is all wrong and I hope to see a change of content in future magazines.

Jane McCutcheon
Business Manager
Camp Tawingo
Huntsville, Ontario

Your letter is rather curious! It reminds me of the story of the 11 year-old boy sitting in a psychiatrist's office: the psychiatrist was showing him ink-blots and when the first card was flashed, the boy said he saw "breasts"; without showing a reaction, the psychiatrist flashed the second card and again the boy said he saw "breasts". This occurred repeated until the psychiatrist became flustered and yelled at the boy "you've really got a problem!" The boy shot back: "Me? You're the one who's showing me the dirty pictures!"

The point, first of all, is that our perceptions and our attentions are selective in nature – we see what we want to see, we highlight that which is important to us, that which fills our needs most. Your letter says more about you than it does about Canadian Camping! I have, as editor, not avoided sexuality or homosexuality as social issues which are important and critical to us as leaders working with young people today (my involvement began at a Director's Conference in Bolton around 1978 where so much ignorance was flying around the room that I was ASKED to prepare a session on sexuality and homosexuality); however, I seriously don't "weigh" their significance or magnitude as importantly as you. Bear witness to these facts: in three years, I have written editorials on Camp Director Certification, Competition vs. Co-operation: Values in Turmoil, the Inaudible Voice of Camping, the problem of alcohol abuse among camp staff, Lest We Forget Our Purpose, the importance of self-esteem, Cults + Camps = Death, acid rain and the environment, integration of the disabled, the Bible Tells Me So and currently, A Question of Fitness! I published interviews I held with Charles Plewman, June Labbett, May Brown, John Latimer, Marjorie Booth and Leo Buscaglia.

Our feature articles over the past three years are impressive: Risk Factor in Outdoor Pursuits (Mike Budd), Mountaineering (Bruce Elkin), South Pacific Report (Kirk Wipper), The Importance of the Unimportant (Bruno Morawetz), A Challenging Summer (Barbara Stuber), In Closing (Kenneth Bagnell), Spring Cleaning (Mary Casey), Camper Motivation (Diane Blair), Loons (Pam Robbins), The Cult Crisis (Ian Haworth), Personal Growth (Walter Tose), Christian and Church Camping (John Vissers), B.C. Leadership Camp (Dave Adair), Volunteer Leaders (Marjorie Booth), Acid Rain (Jeff Reading), Environmental Education (Rick Ireland), Power of the Person (Bruce Elkin), Real Programs for Real People (Rick Ireland), United Church Sexuality Report (James Taylor), Le Comité des camps d'expression française (Colette Pouliot-Marier), Focus on Pre-Camp: The Camper (Catherine Ross), National Lifeguard Service Certification (Kelly Lendsay), Kidney Kids (Dave Sands), Rabies (Harry Ebbs).

In addition, we have received dozens of conference reports, updates, announcements, poems, menu ideas, photographs and provincial news. Ian Fowler (N.B.) has been especially supportive and is a strong contributor; Michael Kenny (Alta.) has written book reports and the list of volunteers goes on and on.

I write an Advisory column on ANY topic; John Latimer writes Group Dynamics Exercises; our Letters-To-The-Editor continue to grow showing diverse opinions on many camping issues.

I cannot share your sentiment that the "focus of the magazine is all wrong"; I have spoken recently in B.C., Alberta, Manitoba, Ontario, Nova Scotia and Cape Breton Island to many camping groups and their overwhelming consensus seems to be that the magazine is both stimulating and informative.

Tawingo was very fortunate a few years ago to have had Mickey Johnstone as a leader – Mickey is a nationally renowned educator on sexuality, values and youth development. The importance of teaching and imparting sexual values, respect and responsibility should be abundantly clear at your camp, having had Mickey's leadership in this sensitive area. Other camps across the country have not been as fortunate and indeed welcome the discussion, theory and opinion matters relating to social/sexual/emotional growth and development.

Another reason I respond to your letter with a tinge of puzzlement lies in the fact that you were the central CCA Vice-President when I became editor of Canadian Camping and I continually implored you (and others) to use Canadian Camping as YOUR VOICE to communicate to our vast membership. Despite the hundreds of thousands of words submitted, Jane McCutcheon submitted nothing! Three years later, your first submission is a criticism of the integrity and focus of the magazine and its many contributors. I feel this is unjust, unwarranted and indeed misguided! As a Teaching Master in Psychology with a specialization in gender and sexuality, obviously some content will be expressed which won't please everybody and will perhaps be novel to many – but most people are happy to be challenged, to debate, to discuss, to grow. Perhaps part of the reason some people tend to selectively perceive that excessive attention is devoted to sexuality (and therefore keeps it a volatile topic) is precisely because not enough discussion has taken place to reduce it to another matter-of-fact area in life, love and camping.

If you are interested in focusing on "the great things that people in camping are accomplishing" (as you state in your letter), why don't you help by contributing an article for Canadian Camping on some of those "great things"? Canadian Camping welcomes and needs contributions from people who are willing to take a stand and have something to say. Please strive to be a part of it because Canadian Camping is not just your voice and my voice but rather our vehicle for communicating camping and related issues to all those who read it.



Camp Mi-A-Kon-Da

canadian camping association
association des camps du canada

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